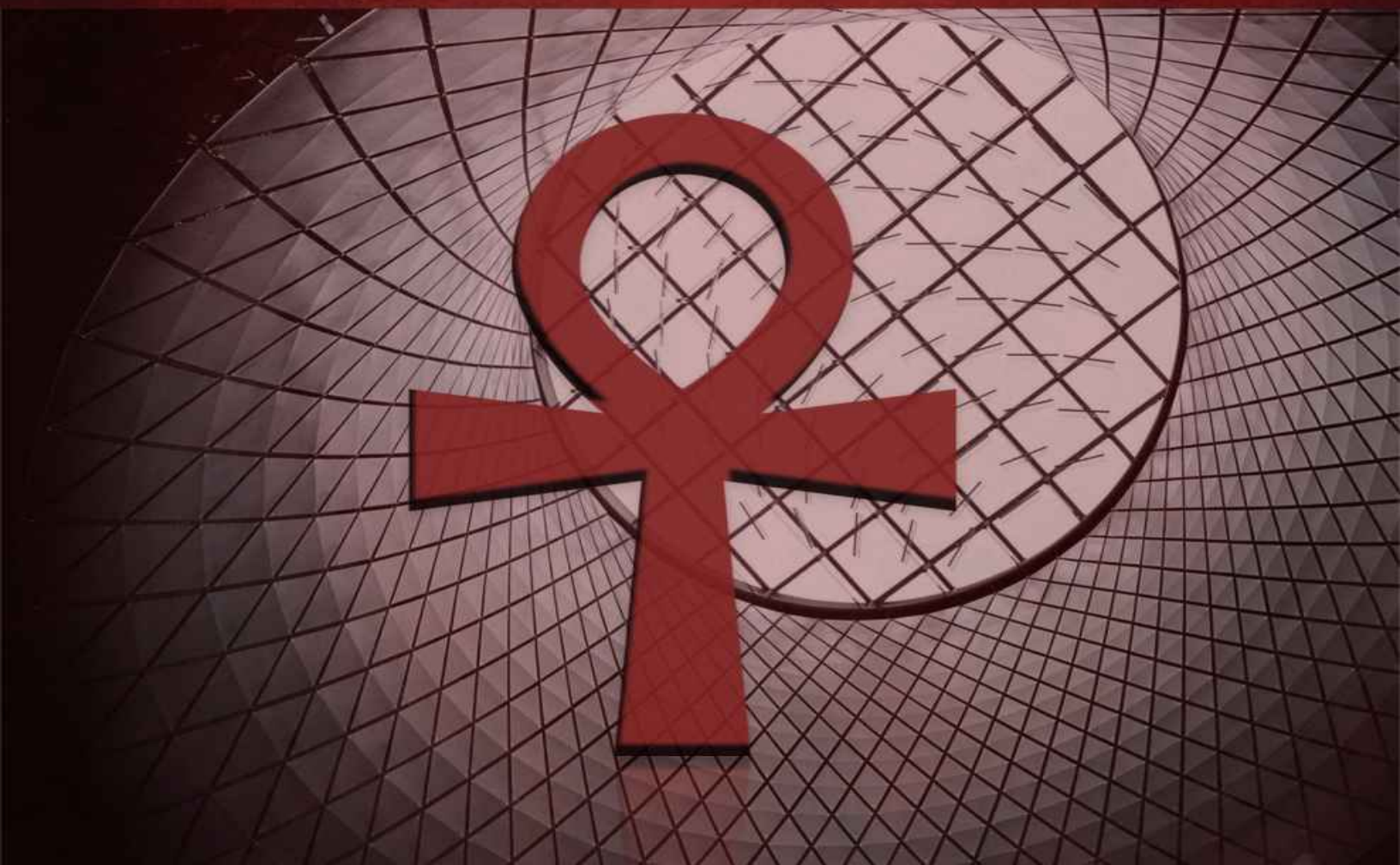
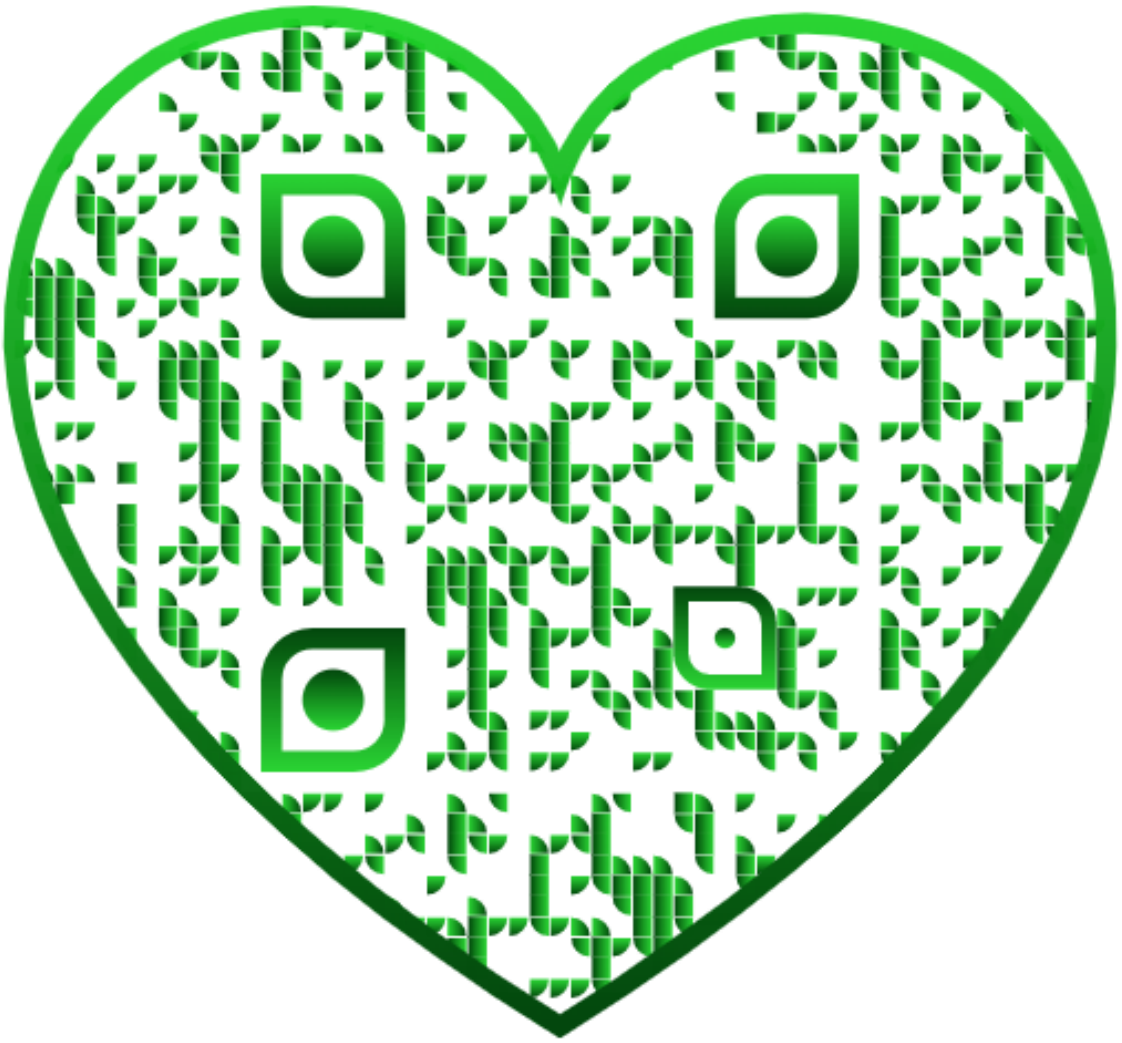
The Power of the Ankh

Peter J Morris

How to Use the Ancient Symbol of Life to Transform Your Health, Wealth and Destiny





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by

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Introduction

"We are symbols, and inhabit symbols." - **Ralph Waldo Emerson**

I first encountered the Ankh way back as a young boy during the late 1960s and early 1970s—a time when the Hippy Generation hijacked this strange, beguiling symbol and used it to represent their Utopian vision of universal peace and harmony.

I recall the deep impression the symbol made upon me the first time I saw it stenciled onto the side of a passing VW-camper van—a leisure-based people-carrier that looked like a submarine on wheels. As a youngster, I was fascinated by the mass exodus of large numbers of these odd contraptions as they made their way through my town en route to nearby seaside resorts and outdoor music festivals.

Many of them had been beautifully repainted and decorated with a wild mix of mystical symbols, floral designs and other perplexing forms of fantasy art. Every time they drove by I watched in awe and fascination. Sometimes, I would stretch up on to the tips of my toes and attempt to peer in through their windows in wonderment and expectation of the strangeness I might find lurking inside. Invariably, I found them crammed full of a variety of camping gear, surfboards and unfamiliar musical instruments.

To my mind, the VW camper van and the Ankh were iconic elements of an era—a time when love, good music, freedom and life were drawn together in a heady atmosphere of excitement and optimism.

Sadly, I grew older—as indeed did the VW camper van. Two decades later on, and with many miles under their belts, their underpowered and worn-out engines now struggled to climb the steep hills surrounding my home town.

With a uniquely throaty roar that terrified the local wildlife and which sounded like an armored military vehicle on manoeuvres, these vehicles would, with engines revving and gears crunching, belch out thick, acrid smoke from their exhaust. The cloud of noxious fumes these vehicles produced—usually as a result of the toxic mixture of unburnt petrol and leaking oil—was only slightly diluted by fumes of an altogether more

organic nature that invariably wafted out from their interior. You could get high just by breathing in the air as these vehicles passed by!

Whether they ever actually reached their destination, or simply spluttered to a halt at the side of some isolated country lane, I cannot say. Maybe that's why they were part-vehicles and part-accommodation—at least you had something to stay in overnight while waiting for the tow truck to arrive to haul you away the following morning.

At the same time that camper vans began disappearing from the roads, I was growing up. Soon I was old enough to leave home, make my way in the world and leave the happy, carefree way of life I had once enjoyed—a period which I have always felt the VW camper van and the Ankh exemplified.

Changing Times

By the mid 1970s, with most VWs now confined to the scrap-yard, the Hippy Generation left their old ways behind and settled down to a more corporate and suburban lifestyle. As a precursor to the end of the period of the Love Generation, the Hippy counterculture imploded overnight following a concert by the Rolling Stones at Altamont Speedway in 1969—and yet, despite the *Summer of Love* giving way to an *Autumn of Anarchy,* the Ankh lived on as a counter-culture statement.

Both of these symbols, despite representing significantly different concepts, looked good to both drop-outs and dead-beats—all of whom reveled in the confusion they brought to their parents and other orthodox members of society.

So, for a brief while, the Ankh began appearing as a motif, took on a life of its own and slowly transitioned into a primary icon within alternative, and then later on, mainstream, culture.

For a decade or more, the Ankh was a common sight—often appearing on record sleeves, T-shirts, and sometimes as graffiti on public bathroom walls (nothing to do with me I might add). Some rock stars, as well as other popular-culture celebrities, became caught up in a resurgence of interest in the Ancient Egyptians, picked up on the symbol and used it in self-promotion both on stage and off.

Throughout all of this superficial nonsense, I found myself continually exposed to the symbol. Time and again, it appeared before me in one unusual context after another. This happened so often that I started to feel stalked by the symbol.

Its continual popping up at the least expected moments caused me to wonder whether some sort of strange power or otherworldly intelligence lurked within its core. It seemed to me that the Ankh was actually something more than just a symbol—that it was a living entity and trying to draw my attention to some energy, force or intelligence external to myself.

In fact, at times, I could palpably sense its energizing effect fermenting deep inside. It seemed to be gestating and, in the process, psychically engaging with me at an unconscious level. I often felt this energy vibrating within me whenever I came into contact with it. This was a strange, exciting

sensation; something that was quite unlike anything else I had previously experienced.

Simple but Strange

Eventually, I was forced to respond to its calling and I began to analyze the Ankh as a mystical symbol. I felt that the most compelling aspect to the glyph was to be found within its sheer simplistic construction. While I secretly harbored the desire that the Ankh was more complex—and as a result more explanatory as to its function—I gradually came to love and appreciate its simple, seductive shape and intriguing mystical design.

Despite this apparent lack of complexity and sophistication, I found that the more I focused my attention upon the symbol, the more I fell under its spell. To me, the Ankh was, and still is, one of those strange glyphs that strives to convey a deeper message by employing either a limited vocabulary or a syntax that the conscious mind does not immediately comprehend.

I feel that it is only the Oriental Yin/Yang symbol that holds anywhere near the same degree of deep mystical quality. The majority of Western esoteric symbols, glyphs, etc., to my mind, are overly complex and, as a result, open to misinterpretation.

The Ankh is different for its simplicity demands an explanation at an altogether deeper and more occult level of understanding. I find that it initiates a connection; and then close dialogue, directly with its observer. I now know this to be the reason why, for so many years, I felt the symbol was speaking only to me.

For a long time, I failed to understand the metaphysical principles the glyph was attempting to convey. This frustrated me for, above all else, I knew that had the Ankh been able to converse directly, using the English language, it would have said something along the lines of

"*Welcome, Truth-Seeker! I'm here and I'm alive. Now, sit back and let me tell you a secret…*"

A Sign of Love

Everybody's spiritual unfoldment starts with a single trigger. It can be as a result of a traumatic event; a loving experience; a dream; a vision; or close contact with a spiritual teacher. Looking back, I can now see how my own spiritual journey was, at least in part, initiated by my childhood exposure to the Ankh.

Later on, in my early twenties, life offered me the opportunity to open up to its mysteries. For the better part of a decade, I dedicated myself to washing out of my psyche the psychological effluence impinged upon it during those pointless years spent in state education. I firmly grasped the chance that presented itself to me and embarked upon a more meaningful journey into understanding all things metaphysical.

One of the lines of research I undertook during my search for personal meaning was to trace the Ankh's ancestral roots. As it turned out, this proved to be a somewhat fruitless task and my efforts met with one dead-end after another.

Following the failure of books to provide me with answers to the many questions I had about the Ankh, I decided to approach Ankh-wearers themselves—advocates of the symbol who had been using the mysterious glyph not only to decorate their vehicles, but also their homes and, not uncommonly, their own bodies.

I asked them what the Ankh was, and what it represented but, time and again, I was unable to find anyone who could provide me with a half-useful explanation. At music festivals and similar gatherings, I would approach the odd stoned-hippy or two and ask them why they wore an Ankh and what benefits they thought the symbol brought to them. Most of the time, I would end up with a rather vague or condescending statement along the lines of "*It's all about love, man!*"

For a long time, I accepted this as a viable explanation for, at one level, it vaguely made sense—after all, the hippies were all about love and peace, freedom and liberation, and this led me to assume that the symbol must be acting as a heraldic motif in their movement's call to arms.

It was not until many years later that I was amazed, and then somewhat disappointed, to learn that the true esoteric meaning of the Ankh does not

actually reflect the principle of love as we understand it at all. This misconception appears to have been born from an appropriation and mis-association between the Ankh and the astrological symbol for Venus—the Goddess of Love.

A Tool for Change

During the 1980s, the nature and influence of the Ankh changed. It appeared less within the realm of conceptual art and media and more within the world of fashion. Physical Ankhs of many wonderful and ornate designs appeared in shops, stores and at craft-markets. In most cases, they were made from what was at the time were relatively inexpensive materials such as copper, silver and gold. Today, most Ankh jewelry; including rings, earrings and necklaces, are no longer made from precious metals due to the price of the raw material. In many cases, pewter has become a more fashionable substitute.

As the Ankh gained popularity, I continued to focus upon my occult and metaphysical studies: but throughout this period the world was changing. The New Age movement was growing in strength and I was being increasingly drawn toward it as a source of information; not least of all because New Ageism was beginning to integrate the Ankh into its diverse spiritual philosophy. As a result, I came across numerous articles in spiritual publications written by people who had observed an increased flow of good luck and abundance into their lives immediately following the purchase and wearing of an Ankh as an item of personal adornment.

I read these with a deep sense of wonder. I was genuinely astonished to discover so many seemingly rational individuals expressing their conviction that the Ankhs they wore in their daily lives appeared to be diligently working behind the scenes in all-manner of subtle, positive ways.

I was so surprised that I wondered whether these people were being completely honest. I wondered whether they were actually performing some kind of additional magickal ritual to make the Ankh work this way, but I soon dismissed this idea when I realized that most of the people who were advocating the benefits of wearing or carrying an Ankh seemed to have little understanding of either spirituality or metaphysics. From what I could tell, they were just average, normal people who had taken to treating their Ankhs as good-luck charms and had, almost by accident, found major improvements taking place in their personal lives.

As fascinated as I was by these stories, I was, at the same time, equally skeptical of them. How could something so simple as a T-shaped cross with

a loop attached attract circumstances of increased harmony and well-being into the life of its user?

Searching for the Key

Once I got over the shock that a new generation of spiritual seekers such as myself were making a direct connection between the Ankh and the power of manifestation—rather than applying previously overtly-romanticized concepts related to love—I became even keener to find out for myself more about its history and meaning.

I tried to think about it rationally. If the Egyptian Ankh did not originally represent the modern concept of love, as I was previously led to believe, then what exactly is it that the symbol represents? If it has the power to change reality without any additional action by its user, then what is the secret that the Ankh holds? And, if such a secret *does* exist, then might its key-like shape be significant in unlocking it?

As I dug deeper into the mysteries of magick, I felt sure that I would eventually unearth significant insights into the Ankh and the esoteric secrets I believed it was guarding. However, despite my best efforts and dedicated research, none of the hundreds of occult books I read during this period contained any meaningful commentary on the Ankh. None referred to its history or symbolic meaning; let alone any sense of inherent power it might contain. My failure to discover the secret behind the Ankh gradually forced me to consider whether I was either searching in the wrong place for answers or, worst of all, I was completely mistaken and there were actually no deeper mysteries contained within the symbol to be uncovered.

The few references to the Ankh I did find in books regarding the ancient history and mythology of the Ancient Egyptian cultures were not encouraging. Each author I read was clearly of the opinion that the Ankh was definitely a product of its time and had little relevance to the world today.

That much I knew to be completely untrue—both from my own experience observing the symbol at first hand and the numerous accounts by others who were using Ankhs to improve their lives.

Nevertheless, I struggled on in my search until, one day, I had a breakthrough and my frustration finally gave way to revelation. While researching a completely unconnected subject, an event occurred that radically changed my whole perspective on the symbol.

Revelation!

One day, I happened to be leafing through an illustrated guide to Ancient Egypt; searching for information on the Great Pyramid when, as I turned over several pages that included photographs taken inside of various Egyptian temples, it suddenly occurred to me just how many of the images included wall-paintings that displayed Ankhs. In each case, these revealed a god, or a goddess, holding an Ankh in such a way that it was evidently being employed in some form of deliberate or concerted action. I quickly turned back to the beginning of the book and studied the photographs more closely whilst at the same time making a copious number of notes.

By the end of my microscopic examination of each photograph, I realized that my initial suspicions had indeed been confirmed. In one example after another, I saw Ankhs being used as a type of tool or as a device of some sort. In some photographs, multiple Ankhs appeared as streams of light descending from a central Sun. In others, it appeared as if an Ankh was being employed as a mark of personal attainment or within an act of initiation.

A light suddenly came on in my head. It dawned on me that my original instinct—one I had carried for all those years regarding the Ankh's ability to harness, reflect, or represent mystical powers—was now backed up by reliable evidence. I could now see that those authors who supported the idea that the Ankh was only used by the Ancient Egyptians in writing, and therefore had no deeper meaning, were completely incorrect. The pictures that I was so closely examining told a quite different story.

An Ancient Tool for a Modern World

I slowly and deliberately returned the book to my bookshelves. Searching back through my notes, I found that I was left with only one conclusion and that was although established historians considered the Ankh to be an inert hieroglyph, this was only part of the story and that the symbol actually had a definite function when employed in quite specific ways; most of which, as far as I could tell, no-one up to that point seemed to fully comprehend.

Furthermore, I also began to strongly suspect that the uses to which many Ancient Egyptian deities were applying the Ankh; particularly with reference to its apparent ability to channel life-enhancing energy, were as applicable today as they had been all those millennia ago. The only thing that might have changed over the intervening period is our understanding of the technical aspects of the Ankh's application and a deeper, more esoteric, comprehension of natural law that had, all those millennia ago, been employed.

These revelations initiated a train of thought that caused my head to spin with excitement. I now knew that the challenge that faced me was in understanding the metaphysical processes taking place in and around the Ankh.

Once again, my mind was drawn back to that day when, as a child, I saw the Ankh for the first time and instinctively felt it concealed a deep mystery. My initial instinct was proving to be correct and I now felt compelled to investigate every facet of the Ankh and to prove once and for all that its power and influence is as alive and real today as I felt it to be back then.

CHAPTER ONE

The Ankh in Ancient Egypt

"Egypt is not a country we live in but a country that lives within us." - **Pope Shenouda III.**

It is nearly universally accepted by historians and academics that the cultural roots of the Ankh can be traced back to Ancient Egypt. This places its emergence to around 3,000BCE. Those who disagree with this belief only challenge the date of its emergence by arguing that it was probably earlier than this, and that various Egyptian Dynasties turned the Ankh into one of their most popular and enduring hieroglyphs sometime between 3,100BCE and 500BCE.

However, traditional Egyptology is re-assessed on a near-daily basis and new theories regarding the age and source of the Egyptian civilization emerge all the time. This has led to a re-assessment of past Egyptian history and to the possibility that the Ankh, along with many other hieroglyphs, can be traced back to a time that predates the founding of the early Egyptian culture.

While the Ankh is clearly an extremely old glyph, and may have existed at a time prior to the Pharaohs, the challenge we face when trying to discover its true origins is that its form has remained relatively consistent throughout history. Neither its shape nor its styling have altered greatly for thousands of years. During the same period, other symbols have changed and altered making it possible to trace their development back through prior cultures and societies.

Not only has the design of the Ankh remained largely unchanged throughout history but so has its core meaning, making it hard to identify any societal adaptions and modifications. The same cannot be said of many other popular symbols, such as the equi-armed cross, the swastika, and the pentagram.

Origins of the Ankh

The function of any symbol is to represent one, or more, fundamental concepts in a non-complex way. In early stages of human evolution; when spoken language was less developed and less-capable of expressing advanced ideas, symbols were vitally important in conveying values, principles and concepts.

In the case of the Ancient Egyptians, the symbol was used to signify 'life' with its two components were interpreted in the following way.

Upper Loop: Referred to as the *ru,* which translates to mean *birth passage*, *doorway* or *vagina*.

T-Shaped Cross: Called the *tau,* which means *sacred gate* or *sacred opening*.

It is worth noting that a slight variation in the early Egyptian design utilizes a circular loop rather than an oval one. I largely dismiss this as being irrelevant to our understanding of the meaning of the Ankh at this point. Given that the loop more specifically represents female genitalia, it would seem that the use of the oval-loop is a more accurate representation of the symbol's core meaning.

The lower part of the symbol has always been a simple T-shaped cross of the style we know today. Throughout history, there appears to have been next to no deviation in its core design.

River of Life

As an Ancient Egyptian cultural icon, the Ankh always had a close connection to the element water. In common usage, the loop of the Ankh was understood to represent the opened mouth of a fish and, more specifically, as the passage of water from which all water-borne creatures retrieve life-sustaining oxygen.

As an extension of this idea, the Ankh became closely associated with the River Nile. This is Egypt's main body of fresh water; one that flows majestically southwards through the entire length of the country. Each year, at springtime, its height would rise significantly, due to melting snow in mountains to the north. This large bulk of water would make its way down into the river and cause an inundation that was too great for the Nile to contain, bursting its banks and flooding the surrounding area. When the waters receded, the rich silt carried downstream settled and served to fertilize the land; bringing agricultural prosperity to the whole Nile region.

This is not the only connection between the Nile and the Ankh. It is interesting to note that the well-respected Egyptologist, Freemason and Professor of History and Regions, Count Goblet d'Alviella (1846 – 1925) suggested that an Egyptian instrument closely resembling the Ankh, which was referred to as a Nilometer, was sometimes used by the Ancient Egyptians to measure the rising water levels of their river.[1]

In addition, this annual flooding of the Nile was such a significant event that the Ancient Egyptians established their calendar around it. Their New Year was marked with celebrations to the star Sirius which would rise above the horizon at the same time that the flooding occurred. Consequently, this star—the brightest in the night sky, became synonymous with the provision of good-fortune and beneficial circumstances to the Egyptian people and their society.

In many ways, the Ankh can be seen symbolically to reflect this vitally-important, life-sustaining event and may go some way to explain why the Ancient Egyptians considered the Ankh to represent the very principle of *life* itself. In this regard, it is worth noting that some derivations of the word Ankh are found in Egyptian references to the dead as *Ankhu,* while the word for a sarcophagus was *neb-Ankh* or 'possessor of life'.

Resurrection and the Afterlife

While the upper loop of the Ankh was closely connected to water and to all life born from it, its lower T-cross section had a completely different interpretation.

The *tau* was always closely associated with the process of death and transformation; though, in many ways, the T-cross can be interpreted not only as a symbol of decay within the material world but also as a point of access into the afterlife; as well as birth into the realm of the Netherworld.

Death, or transition to this realm, was a central theme within the belief systems of the Ancient Egyptians. In fact, it was so important to them that the whole of a king's or pharaoh's life became a continuous preparation for his eventual journey through the Duat and from there on toward heaven. Once a pharaoh died, his body underwent an extensive embalming process. This lasted for seventy days before the deceased was entombed along with his worldly possessions and servants in order to make the journey on his own. Interestingly, seventy days also happens to be the length of time during which Sirius dips below the horizon and is therefore not visible in the night sky. The god that oversaw the embalming process was Anubis—the dog-headed deity. Sirius is traditionally known throughout many ancient cultures as the Dog Star.

Another interpretation of the tau-cross is that it represents the process of resurrection. As we shall see later on, this is interesting in that it forms a classic image of the crucified Cross of Christ from which Jesus is said to have been removed and then subsequently experienced resurrection.

Other Tools and Artefacts

Although the Ankh clearly appears to relate to be a representation of the annual flooding of the Nile, the symbol is also connected to a number of other Egyptian artefacts known to have been in popular use at the time.

Belt Buckles: The English Egyptologist and researcher for the British Museum, E. A. Wallis Budge (1857–1934), suggested that, as a magickal amulet, the Ankh symbol was associated with the belt-buckle of the universally-worshiped mother-goddess Isis.[2] This idea has been enhanced by the work of University of Gottingen professor, Dr. Wolfhart Westendorf, (1924–2018), who observed that both the Ankh and the *tyet*, or knot of the goddess Isis, had been used in a ceremonial context throughout Egypt.[3]

Footwear: British Egyptologist Sir Alan Gardiner (1879 – 1963) speculated that the Ankh depicts a sandal strap with the loop part extending around the ankle.[4] In the minds of many researchers, this interpretation is rather obscure. Nevertheless, the ancient Egyptians did call this part of the sandal *NKH*.

Hand Mirrors: Mirrors made from beaten metal, formed into the shape of an Ankh, have been found throughout the Nile region. This might simply be a case of a practical object utilizing a hieroglyphic form but mirrors have always had a symbolic as well as practical function so that there is a suspicion that these Ankh mirrors might have had a semi-ritual purpose. Maybe, such as in the case of medieval Witchcraft, they were used not only for decorative reasons but also as scrying tools that enabled their user to see into other worlds.

Sun, Life and Reproduction

Each of these Egyptologists have interpreted the Ankh within mundane, or practical context, Other researchers have taken a wider and more allegorical approach while explaining the meaning behind the glyph.

One theory states that the Ankh was used to symbolize the sunrise. The loop over the horizontal bar is seen to represent the Sun rising above the horizon whilst the vertical element of the T-cross denotes the path of the Sun-god Ra as he made his way across the sky each day. This interpretation of the Ankh is understandable when you consider the importance the Ancient Egyptians paid to the Sun as the provider of all life.

Above: A stele dating back to the Amarna Period depicts Ankhs positioned at the end of rays descending from Aten the Sun disk and of them being offered up to Akhanaton and Nefertiti.

Whilst this interpretation of the Ankh is consistent with the universal belief—it refers to 'life-sustaining energy'—it may actually have an even deeper, or more esoteric meaning. Some sources suggest that the radiant sphere referenced in Ancient Egyptian texts and depicted in a great deal of Egyptian art-work is not the Sun as we know it but is actually the star

Sirius. One of those who holds this opinion was English occultist Kenneth Grant (1924-2011) who stated that “For the 'sun' is the sun of Sirius (Set), not the ostensible sun of the worshipers of Ra.”[5]

Although Grant makes an important point, I personally do not think that the explanation is quite as clear-cut as this. The Ancient Egyptians represented Sirius with a five-pointed star so it needs to be evaluated on its own terms. That said, all ancient cultures and many secret societies speak of a close relationship between our Sun and the star Sirius—a luminary which many refer to as our *Second Sun*, or *Sun Behind the Sun*.[6]

The Great Lovers

Early records suggest that the Ankh is also either related to, or an evolved form of, *SA*—an Egyptian glyph that was used in magical protection. As an amulet, the Ankh was also considered to be an excellent way to guard against barrenness.

Given that the literal meaning of the *RU* hieroglyph was *birth passage* or *doorway,* the symbol does seem to have had a function as a representation of the process of birth. Once again, when we evaluate this on a deeper level, it probably symbolizes the point of 'introduction of spirit into the material world' and conversely, by symbolizing the process of entrance from the material into the spiritual—possibly as a sacred ceremonial or initiatory event.

This idea is supported in Ancient Egyptian art where the Ankh is occasionally shown being held aloft by a god who brings it into close proximity with the body of a second person. This is believed to represent the process of conception or fecundation with the Ankh sometimes being used to symbolize reproduction and sexual union.[7]

This fusing of male and female energies is most clearly seen in the Egyptian myth of the goddess Isis and the god Osiris—a relationship that has captured the imaginations of artists and mystics for millennia. Even today, their relationship is classed as one of the all-time classic romantic liaisons, dwarfing even that of Romeo and Juliet in significance. While the Isis/Osiris relationship is believed by many to exist within the core dynamics of the Ankh, for others this romantic coupling extends even further into a powerful sexual performance.

This idea is summed up best by Ean Begg in the book *The Cult of the Black Virgin*.[8]

> *"The Ankh, the looped cross of Egypt, which Isis carries as supreme initiatrix, may account for some of the oddly shaped scepters carried by the Black Virgins who, like Isis, often favor the color green. Their greenness and blackness points to the beginning of the opus whose secret, according to alchemists, is to be found in 'the sex of Isis."*

In the Eastern practise of Tantra, the principles of sexual energy and universal life-force are indistinguishable from one another. Although not a sign with Eastern roots, the Ankh reflects exactly the same principles through its unification of two primary components. It requires no great stretch of the imagination to interpret this symbol, at one level at least, as being representative of the act of sexual intercourse. With its *RU* loop representing all-yielding female *yoni* and its T-cross acting as a replication of the penetrative, or erect, male phallus, the powerful twin dynamics of sexual union are evidently at play in the construction of the Ankh.

Furthermore, the location of their intersection, or point where the two parts conjoin, symbolizes the act of conception and fertilization: the location, or Womb of Life, from which all physical manifestations emerge.

Breath of Life

To return to our earlier suggestion that the Ankh reflects the principle of water for a moment, it is worth noting that throughout the period of Ancient Egypt, the elements of air and water were largely interchangeable. Both were understood to be essential components of the life-force.

This connection to air is shown in various tomb and temple reliefs where Ankhs are shown being placed in front of the king's face to symbolize the ‘breath of eternal life”. Thus, when a god holds the Ankh before the king's nose, immortal life is bestowed upon him; or when streams of water, in the form of Ankhs, are poured over the king during a ritual, he is deemed to be purified.

This connection between physical well-being and the breath of life caused the Egyptian Ankh to be linked to the art of healing. Around 3,000BCE, Imkotep, the physician for the Pharaoh's family, became closely associated with the symbol. Sometime after his death, he was made god of medicine and healing throughout Egypt as a mark of respect for his skills.

To a degree, the traditional Greek symbol for healing and the modern symbol of medicine, the caduceus, can be seen as an extension of the Ankh. It contains the same T-shaped cross with an entwining serpent representing kundalini energy that rises up the spine and activates the Pineal Gland.

Tool of the Gods

So far, we have explored two distinctly separate streams of teaching.

Firstly, we have seen how the working classes in Ancient Egyptian society connected the Ankh to purely practical concerns. Meanwhile, however, the ruling classes clearly believed the symbol had a quite different function: leading us to conclude that different levels of Egyptian society understood the symbol to represent quite different concepts or ideas.

This should not come as any great surprise to us. It is an inherent aspect to all hierarchical societies that they invariably establish clear separations between higher and lower social orders. These divisions in education and spiritual teaching have always led to a misinterpretation of the true meaning behind all symbols.

Knowledge regarding any advanced concept—be they mathematical, religious or metaphysical—has always been different for those who are privileged to understand their inner, or hidden, teachings. This is in distinct contrast to the general populace who tend to interpret their lives on a more superficial level.

While the working classes of Egypt seemed to be making simple associations between the Ankh and geophysical events taking place around them, such as the flooding of the Nile, the ruling classes viewed the Ankh in a quite different light.

Sadly, this natural separation in consciousness has always been capitalized upon by those who would seek to obtain power and strive to hold onto it. Spiritual and religious, and even some of today's New Age cults, maintain their core ability to control and manipulate their followers by creating this same two-level approach to their teachings.

In nearly every example, all of these groups offer one version of a story, or, in this case, one interpretation of a symbol, to their general students, while presenting a quite different set of teachings to their initiates. The way the Ankh was used is no different in this regard; for it is a symbol that contains both esoteric and mundane interpretations.

Throughout rural areas in Egypt, farmers looked to the Nile waters to maintain their lives. However, at the same time, priests and rulers of the

country focused their interest upon the heavens in their search for life-enhancing sustenance.

Given that the Nile was often deemed to be an earthly manifestation of the Milky Way, both of these concepts, in a sense, are interchangeable albeit that they do contain one subtle difference.

Because Egyptian farmers livelihoods were determined by external forces—namely the flooding of the Nile and the inflow of solar energy to grow their crops—they were at the mercy of external factors that they were completely unable to control. On the other hand, and as Ancient Egyptian wall-paintings and sacred texts demonstrate time and again, the priestly classes understood that an Ankh was capable of reacting to metaphysical law. Furthermore, those rulers understood that, through the direction and application of these powers, they were able to determine their own destinies.

In other words, they were not a victim of forces they were unable to control, but instead were able to make a pronounced difference to their personal circumstances through a deeper understanding of metaphysics and by applying sacred teachings passed down to them by various deities.

Royal Connection

In addition to its inferred power of benevolence, the Ankh also appears throughout Ancient Egypt as an icon of prestige and authority; and within every level of the ruling hierarchy.

For example, the Ankh was directly connected to the royal cartouche in which the king's name was written down. A king always carried an Ankh at his coronation and one of the more important artefacts unearthed during the discovery of the tomb of King Tutankhamen was an Ankh.

In wall-paintings that appear in the Ancient Egyptian temples of Upper Egypt, the connection between the Ankh, royalty and water was strongly emphasized. In rituals involving purification, the king is often shown standing between two gods—one of whom was generally Thoth—as they poured a stream of libations, represented by small Ankhs, over him.

In fact, in the papyrus scrolls, the Ankh is shown issuing from the mouths of the Egyptian kings when they pardoned enemies. Presumably, in this context, the Ankh is being used to signify benevolence and prestige, but, quite probably, it was also a way for the king to re-enforce his position of divine authority upon his adversaries.

So, from the lower classes through to royalty and the realm of the Gods themselves, the Ankh wove an important and influential pathway through Egyptian history. But then, at some point around the latter centuries BCE, the symbol escaped the confines of the Egyptian culture and started its journey around the world.

CHAPTER TWO

Ancient Cultures and Modern Magick

"Who has fully realized that history is not contained in thick books but lives in our very blood?" - **Carl Jung**

If, at its heart, the Ankh only represented the inundation of the Nile, it is likely that its usage would have remained solely within the cultural confines of Egypt. In all probability, it would have followed the same path as most of the other hieroglyphs of the period and faded from popular use. Once the Ancient Egyptian civilization collapsed, it would have become buried in the shifting sands of antiquity.

However, something kept the Ankh tradition alive and, as I pointed out in my introduction to this book, that 'something' has also maintained its existence as a continuing cultural glyph right up to our modern era. Its durability leads us to suspect that it does indeed carry an active dynamic; one that sustains it and ensures its continued existence.

The Ankh's longevity is a great mystery in itself, but I am of the opinion that its continued survival has been assured mainly because it resonates at a much deeper, and more resilient level, of the racial unconscious. It is the psycho-spiritual depths of the human psyche that have so effective as a holding zone within which the symbol has resided for thousands of years.

I suspect that deep within the realms of our spiritual, cultural and psychological DNA, the Ankh has remained active for millennia, with its wisdom being unknowingly carried through one generation to the next—ready to be reborn once again in a completely new era.

The Ankh in Africa

So, how exactly is it that, following the demise of the Ancient Egyptian civilization, the Ankh went on to become universally accepted and then subsequently grow to enjoy such widespread use?

Legends state that the Ankh escaped its homeland under the guise of the word *ank* with it being carried far afield by Moses and the Hebrews during the time of their Exodus from Egypt. However, this may not be entirely true, for other sources maintain that the word *Ankh* was already in common use throughout certain parts of Northern Africa much earlier.

Nevertheless, the word *ank* in Hebrew, with the personal suffix, means 'my life' or 'my being' so it is convenient and natural to make the connection between the Ankh as a symbol and its first recorded appearance outside of Ancient Egypt.

I personally wonder whether these connections accurately represent the true origin of the Ankh glyph. It could be that its appearance in different regions of the world comes as a result of an earlier, and more universal, culture—one that used the glyph in the same magickal and possibly even ceremonial way as the Ancient Egyptians.

This theory is somewhat borne out by Freemason and esoteric researcher Manly Palmer Hall (1901 – 1990). Palmer believed that the Ankh was not an Egyptian symbol at all, but that it spread to many parts of the world from its cultural roots in Lemuria and possibly even from the lost land of Atlantis.[9]

Hall notes that the Ankh was found adorning the breasts of statues and bas-reliefs at Palenque, Copan; as well as appearing throughout cultures of Central America, and that originally, it was the great fertility symbol of the people of Adoma, with examples being found by Augustus Le Plongeon.[10]

Ankhs Around the World

Throughout the ancient world, one common theme pervades all Ankh-bearing cultures.

We noted earlier how the Ancient Egyptians made the connection between the Ankh and their primary river, but they were not the only society to make this association with water. The Babylonians, for example, were one of many cultures that also used it as an emblem of their water deities.

Above: Canaanite God Resheph carrying an Ankh

The Ankh also appears throughout the Mediterranean region in a style similar to its Egyptian counterpart. It has been noted to appear on frequent occasions in and around Minoan and Mycenaean archeological sites. Its slight variation includes the sacral knot, which was used to represent the concept of 'holiness'; and the double-edged axe, which represented 'matriarchy'. In this regard, it can be compared with the Egyptian *tyet* which is similar in style. In the Linear B or Mycenean Greek script, the Ankh is the phonetic sign *za*.

Ankhs also appear stamped upon coins from ancient Cyprus and on the early coinage of King Euelthon of Salamis. While the letter *ku*, from the Cypriot syllabary, appeared within the circle-Ankh, it was also used to represent Ku(prion) or Cypriots.

In case one is led to believe that the Ankh is solely a middle-eastern, or Mediterranean symbol, it is worth noting that on the other side of the world the same basic Ankh construction has been discovered in excavations in Peru—an area in which it was thought to have been used by the Mochica culture around about the seventh-century CE. In addition, an Ankh was also found sculpted upon the back of at least one of the great stone figures found on Easter Island during their removal to London by ship, where it now resides in the British Museum.

Early Christianity

During the first centuries of our Common Era, the monotheistic belief system of the Ancient Egyptians gradually took hold within the central doctrine of the early Christian Church. Eventually, the idea of a single, omnipotent God came to eclipse the theological principle of polytheism in the same way as it had done in Egypt during the second and third Egyptian Dynasties.

However, there were dissenting voices within this religious narrative and it came from the Essenes. A replication of an Ankh was discovered tooled into the cover of one of the collections of gospels found at Nag Hammadi in 1946. These important religious documents, more commonly known as the Dead Sea Scrolls, are believed to have belonged to this early pre-Christian sect. Today, these sacred texts are recognized as one of the most important collections of early-Christian documents and it is clear through their finding that the Ankh is closely associated to the gnostic roots of modern Christianity.

The Ankh was also adopted by the early Coptic church where it was comfortably embraced as an important sacred and religious icon. During this period, it came to be known as the Crux Ansata, or ‘The Cross of Life’. Later on, the Ankh gave rise to the more modern theological account of St. Peter's golden key to heaven.

Ankh and Resurrection

At one level of interpretation, the Ankh symbol lends itself well to the Christian mythos and in particular to those core principles of resurrection and eternal life that was said to have underpinned the central tenets of Christ's ministry.

The T-shaped cross, which, as we have already seen, was associated with death in Ancient Egypt, was used to represent the wooden cross upon which Christ was crucified. The loop of the Ankh was therefore deemed to symbolize the heavenly realm into which Christ was said to have ascended after three days.

In another sense, the loop is said to represent the crown of thorns that anointed the head of Christ on the day of his crucifixion. It is this connection between the rose and esoteric Christianity that later came to underpin the core spiritual principles of the Rosicrucians (an esoteric order that aligns itself with the mysteries of that other great feminine goddess, Venus).

Although depictions of the Ankh as far back as the Egyptian Dynasties indicated that it had contained esoteric and mystical properties it is through this adoption by the early Christian church and the Rosicrucians sometime afterwards, that its occult or hidden associations have become more evident.

Above: Official Seal of the German Theosophical Society with central Ankh

Throughout the renaissance of interest in occultism that emerged in Western Europe from the early fifteenth through to the early twentieth centuries, the Ankh appeared in many differing guises; however, its core

relationship to Venus and the healing powers of the Divine Feminine remained a common association.

We saw earlier this connection had already been established in Ancient Egypt with the belief that the Ankh was a representation of the goddess Isis and of her token star, Sirius. In the same way that the story of Jesus became an adaptation of the account of the life of the Egyptian god Horus, the part of Mary Magdelene became synonymous with that of Isis.

It was via the Cult of the Virgin, or Black Madonna, which spread from the Mediterranean through to southern Europe, that the esoteric meanings behind the early Christian mythos opened up the feminine mysteries within a wide range of esoteric practices. This idea has grown in strength in the past few years following the publication of Dan Brown's best-selling book *The Da Vinci Code*[11] and the resulting rise of interest in Mary Magdalene and other feminine Christian symbolism. Brown referenced the Ankh in his follow-up novel *The Lost Symbol*.[12]

Venus and the Occult

Throughout the early part of the twentieth century, the rebirth of interest in ritual or ceremonial magick—one that was mainly initiated by the English secret society the Golden Dawn—continued to raise the profile of the Ankh.

The Golden Dawn founders developed a unique magickal glyph called the *Rose Cross Lamen*, which draws upon the Ankh and its associated symbolism.

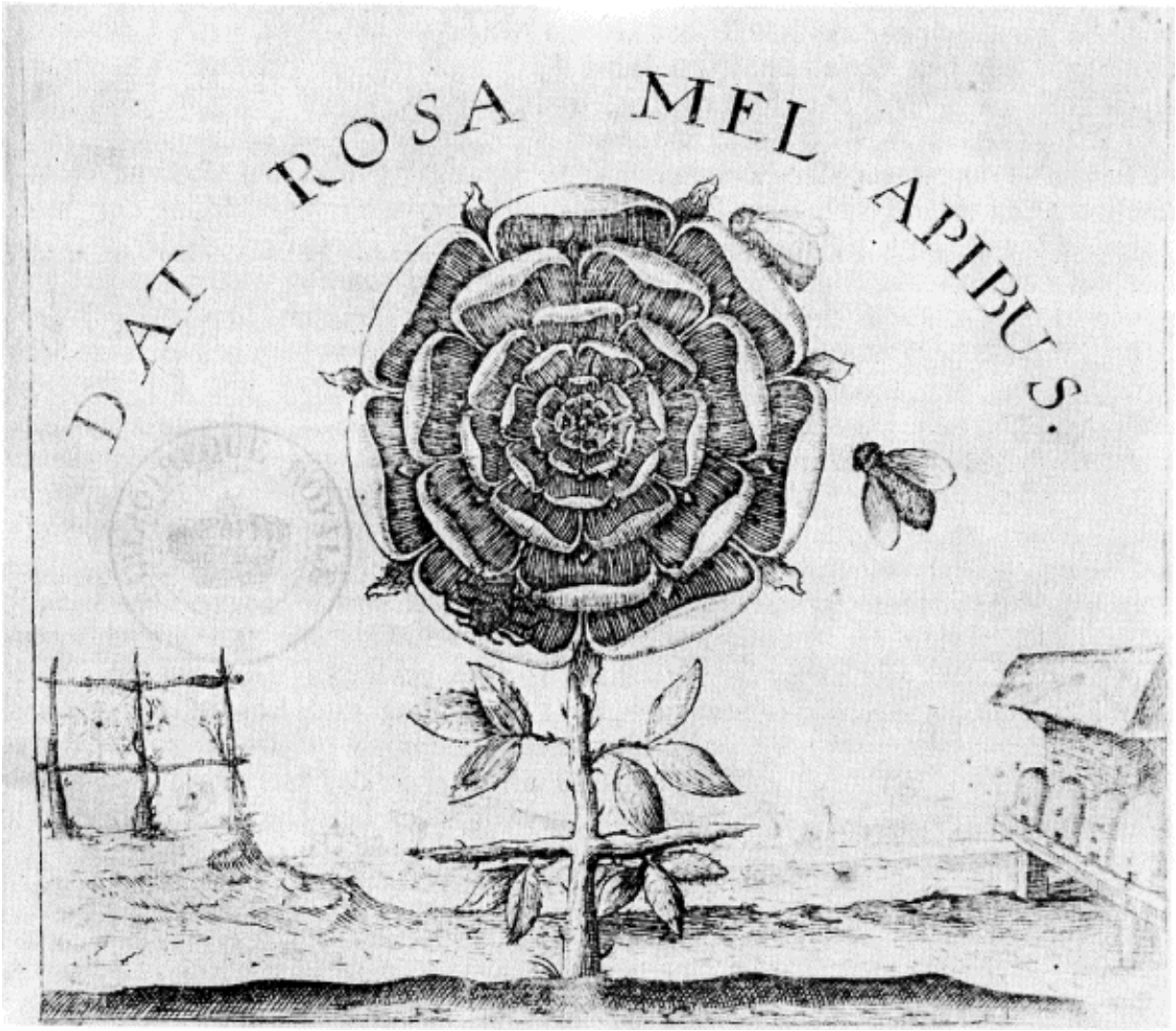
One of the more important Golden Dawn initiates was occult writer A. E. Waite (1857 - 1942), who along with Pamela Coleman-Smith (1878 - 1951) published his own ground-breaking interpretation of the tarot. His Rider/Waite Tarot has gone on to become one of the most popular tarot decks in the world today.[13]

Above: Arcana III - THE EMPRESS from the Rider-Waite Tarot

In the third arcanum of the tarot's major arcana, Waite captures the totality of the principles of Venus and the mysteries of the divine feminine. In this card, known as *THE EMPRESS*, Waite depicts the image of a pregnant young woman surrounded by abundance. This card conveys all of the spiritual principles of the Ankh, its connection to Venus and the procreative powers of the feminine.

Given the close connection to Venus, via its astrological representation as an Ankh-shaped symbol—one which appears on THE EMPRESS card, it is worth digging a little deeper by noting that the flower of the rose, and by association the principles of Rosicrucianism upon which the Golden Dawn was based, synthesizes several key principles of the Divine Feminine.

The rose flower has five petals which form the shape of a five-pointed star or pentagram. In its travels through our solar system, the planet Venus forms a path that delineates a massive pentagram in the heavens over an eight-year period. From the perspective of esoteric astrology, this Venusian Cycle plays an important role in an initiate's life. It has a direct effect on his/her process of spiritual unfoldment and inner enlightenment.



Above: *Dat Rosa Mel Apibus* ("The rose gives the bees honey") by Robert Fludd (1574 – 1637)

This principle of inner spiritual transmutation was also central to the core philosophy of the Alchemists, who considered copper to be vital in defining their process of alchemical transformation. As a consequence, they used the symbol of the Ankh to represent this important metal in their writings.

Ankh in Contemporary Society

This short journey through the history and use of the Ankh has brought us to the modern era.

Today, its application as a metaphysical icon has greatly diminished within the teachings of each of the secret societies that once used to underpin Western esotericism. While spiritual and religious hierarchies might have carried the Ankh through history and, while secret teachings held by the Rosicrucians and other occult groups ensured its survival, this is no longer the case. Currently, no contemporary religion incorporates it into their philosophy or religious iconography.

And yet, despite it all, the Ankh has still not died. For the past thirty years, it has found a new audience, but not within the realms of occult teachings. Instead, the symbol has often been found in completely non-contextual circumstances; appearing in everything from computer games to popular music and many other areas of contemporary media. By doing so, it is once again separating itself into mundane and advanced metaphysical contexts just as it did in Ancient Egypt all those millennia ago.

CHAPTER THREE

The Science Behind the Ankh

"Any sufficiently advanced technology is indistinguishable from magic." - **Arthur C. Clarke**

So far, we have seen how the Ankh has been regarded throughout history as a simple, mundane, cultural icon. Even today it figures as little more than a representation of a single concept; namely the process of life, in the minds of many who fail to understand that behind its construction there lies a remarkable philosophical machine.

Unravelling the Ankh's true value and meaning requires a metaphysical perspective; for they are, in the truest sense of the word, occult, meaning they are hidden or concealed.

Prior to the development of modern scientific concepts the world used to be interpreted within metaphysical terms; which, in a sense, relates directly to the practice of magic—or the manipulation of unseen powers.

Practitioners of the arcane arts, including the Ancient Egyptians, leaned to use the Ankh in a quite specialized way. Pictorially the symbol might represent a single, non-specific concept of life, but at the same time its construction as a physical tool also permits it to be used as a magical implement in its own right by those who understand how to operate it.

Method of Transmission

Modern physics teaches us that the properties of a conduit are significant in determining its capacity to conduct energy. It is for this reason that our houses are wired with cables made of metal strands in order to facilitate the transfer of electrons from one location to another. In a similar way, fibre-optic cable is used to convey our digital communications.

It is clear that the Ancient Egyptians were using Ankhs to tap into, and then transmit, energy from a central source; in many cases, this was possibly either the Sun or Sirius—or both; but was the material from which an Ankh was constructed significant and, if so, which was considered to be the most efficient at performing this task?

Some of the ancient Ankhs discovered throughout the world have been made from fairly mundane, inexpensive, or easily obtainable materials. Typical examples include bone, clay and wood. However, by far the most common material for the construction of high-quality Ankhs has been copper; a metal that was so precious to the Alchemists that they called it *Green Gold*.

But why copper? What is it about this metal that makes it so efficient as a conductor, both in modern electrical wiring and in the fabrication of ceremonial Ankhs?

More Valuable Than Gold

The unique properties of copper were legendary all over the ancient world. It was universally accepted as a sacred metal and highly prized as a precious commodity in its own right.

As an example of the value that was placed upon the metal in the ancient world, we find the following Biblical observation:

> *"Ezra 8:27: Two vessels of fine copper, precious (desirable) as gold."*

The earliest use of copper appears to have been in the Middle-East—a region in which one of the earliest artefacts yet discovered was a copper pendant discovered in northern Iraq. It has been dated to around 8,700BCE.

In Europe, the discovery of the well-preserved body of a man, thought to date to 32,000BCE, revealed that at his point of death he had been carrying a copper-tipped axe; which, when analyzed, was found to contain copper of 99.7% purity.

Copper also appears in Sumerian metallurgy around 3,900BCE. By 3,100BCE, Sumerian coppersmiths were highly advanced in the art of casting large-scale copper statuettes.

So highly prized was copper that during this Mesopotamian period the metal was associated with the Queen of Heaven and with the goddesses Inanna and Ishtar; both of whom are understood to have been early representations of the goddess Venus.

Continuing this goddess theme, in Asia, copper was deemed to be the metal of another Queen of Heaven: Astarte. Copper was also sacred to the Fire God and the Seven Gods of Babylonia and Assyria.

On the Indian continent, copper was highly regarded and considered to be a sacred metal; while, on the other side of the world, the Indians of the Lake Superior region of North America regarded the lumps of copper they found as divinities in their own right.

Copper also had a widespread religious or occult significance. In some areas of the world, there is a custom of placing copper on a corpse. A similar custom continues to this day where, in final rites, copper coins are

sometimes placed on the eyes of the deceased to protect them from negative or demonic influences.

Copper was widely used as a building material with the copper nail being thought of as one of the greatest inventions of the ancient world.

Finally, Pliny (61 - 113CE) mentions that, in Arcadia, the yew tree is fatal to anyone sleeping under it unless a copper nail is driven into the it.

Sacred Metal

Egyptologists believe that copper was probably the very first precious metal worked in the country and as far back as during the Neolithic Era. Evidence of early mine workings have been found in the Wadi Maghara and Buhen regions of the country.

In the Middle Kingdom era, copper ore was discovered in the Eastern Desert. Later on, copper production shifted into Southern Canaan. Undoubtedly, the conditions that the copper miners of this region had to endure in order to extract the ore were dreadful. Consequently, the work was usually given to captives from various Egyptian wars, most of whom were forced to toil right up to the time of their deaths. Evidence of their work has also been found in the Sinai desert where a slag-heap of some 100,000 tons of copper-ore waste was unearthed. It is estimated to have been the product of some 5,500 tons of actual metal!

The oldest Egyptian copper artefacts date to the early 4th millennium BCE. Interestingly, it was during excavations that Egyptian archaeologists recovered copper tubing forming part of the water plumbing system in the Pyramid of Cheops. In most cases, the pipework was found to still be in a serviceable condition.

Copper was used to fashion the tools that built the Great Pyramids. However, this was not the only role copper played in their construction for it is believed that the pyramids were originally covered in a white limestone casing and that their apexes were topped off with a copper capstone. In their day, the light that these copper edifices radiated across the land must have been an impressive sight!

Almost as if we have come full circle, it is interesting to note that the Ancient Egyptians also used the Ankh as a sign to represent copper itself in their texts.

Energy Conduction

Above all else, copper has highly conductive properties. It seems probable that this was understood long before today's use of the metal in electronics.

Although there is no real evidence of the widespread use of electricity to light houses and buildings, certain Egyptian wall-paintings do suggest that a form of artificial lighting was in use at the time of the construction of the pyramids. Whether this involved the use of copper cable is unknown, but it is highly probable when you consider the degree to which copper had become an intrinsic part of their culture.

In any case, it is evident that the Ancient Egyptians were well-aware that Ankhs made from copper had the ability to harness, focus and transmit universal energies in effective and quite specific ways. This leads us to ask the following question: Is there any scientific evidence to backup the claim that metals, and copper in particular, radiate energy of their own?

Karl Ziegler (1898 – 1973) of the Max Plankt Institute was one scientist who was particularly interested in this subject. When Plankt researched a variety of metal disks of various materials, he discovered that most of them did indeed radiate a measurable energy of varying types. Although some of these emanations were found to be detrimental to health, he discovered that the copper disks he worked with seemed to emit pro-life energy rays.

Energy Radiation

Once again, we return back to the time of Ancient Egypt and to the possibility that priestly initiates had advanced knowledge regarding the effective and wide-ranging, practical use of copper-made Ankhs.

Author, contactee and UFO researcher, Barbara Marciniak states in her book Bringers of the Dawn: Teachings from the Pleiadians,[14] that:

> *"In ancient Egypt, the Ankh, or symbol that represented life, in actuality was a frequency modulator. It was utilized by individuals who were masters of keeping frequencies and able to do many things with those frequencies."*

Later on in the same publication, the author states that a physical Ankh operates in a way that is very similar to that of a musician's tuning fork and that, more importantly, it also has the ability to direct the sound to which it resonates.

In addition, Drunvolo Melchizedek refers to a group of cosmic guardians known as the Hathors. This group are closely connected to Ancient Egypt and are acknowledged for their deep knowledge regarding the use of the Ankh in conjunction with sound—particularly in the Great Pyramid as part of a ritualistic event. Melchizedek states that:

> *"Conducting this sound-of-the-Ankh initiation ceremony was only one of the many things they would do for us to create balance." They are said to have intoned the sound OM during their healing ceremony."*[15]

These are extraordinary claims. If they are true, they might well lead one to suspect that the energy an Ankh is capable of channeling was more than just metaphysical and that it is equally tangible and measurable.

The Ankh and Ultrasound

It would be easy to dismiss Marciniak's notion that an Ankh can be used as a focuser of energy if it were not for the fact that other researchers have arrived at similar conclusions.

Author Nur Ankh Amen has revealed further information about the possible energy-resonant power of the Ankh as used in Egypt and Africa. Amen states that:

> *"One very curious theory suggests the Ankh produced high pitch ultrasound inaudible to our human ear but effective in frightening wild animals like jackals and hyenas. This would have been especially useful in the wilderness at night, protecting travelers from unseen dangers.*[16]*"*

Not only were the living protected but the dead as well for ultrasound has the effect of frightening insects, rodents and maggots that would devour the bodies of the deceased.'[17]

Perhaps this explains why Ankhs were placed upon the mummified corpses of Egyptian pharaohs.

However, it seems that not everyone was capable of using this power for Barbara Marciniak also records that her inner plane contacts told her that:

> *"Before you will be able to experience using sound in the manner of the ancient Egyptians, you will have to demonstrate your integrity. You will have to pass an initiation or testing to see whether you can be trusted with this kind of power. This planet is not ripe for this kind of energy simply to be thrust into anyone's hands. If you were capable of this kind of work at this time, your life would not be safe because there would be too many who would want to misuse your gift. You will be given opportunities as you can best mature into them.*[18]*"*

If the information that Barbara Marciniak shares is accurate, it goes a long way to explain why the apparent ability to use the Ankh to transmit energy in Ancient Egypt was only available to deities, kings and queens, priests, and initiates. If we accept the proposition that copper Ankhs were powerful, metaphysical tools when used by such individuals, we are forced to ask what exactly is the nature of the energy that was being harnessed?

Where did the ancient Egyptians think it came from? Was its source terrestrial or cosmic?

To get answers to these questions, we need to leave the world of physical science and dig even deeper into the occult world of metaphysics.

CHAPTER FOUR

Mystical Powers of the Ankh

"The Divine Mysteries secure their own protection from those who are unprepared." - **A. E. Waite, The Pictorial Key to the Tarot**

Those who consider symbolic language to be an archaic and irrelevant form of communication fail to realize that here in the West, we use symbols on a daily basis—mainly as shortcuts when trying to communicate more complex ideas.

Mathematical equations are a good example of how we can reduce complicated concepts to a single form and yet still leave the reader able to understand the larger principles behind them. Other scientific disciplines, such as physics and chemistry, also use symbolic short-hand to describe abstract conditions or outcomes of experiments.

However, they are not just restricted to advanced learning. We also use symbols extensively throughout our transportation networks—either as road signs geared toward keeping us aware of driving conditions or on maps to help guide us to our destinations.

Most of the symbols that we encounter in our daily lives are fairly inert. That is to say, they simply perform the task of relaying to the observer, quickly and easily, previously established, and universally accepted, constructs. They do not as a rule resonate to any particular form of energy or demonstrate any sense of having an inherent consciousness.

On the other hand occult symbols such as the Ankh, pentagram and hexagram, are all direct representations of energy patterns that exist on the inner planes. The energetic fields these symbols resonate to are not visible in our daily lives but magickians can apply these symbols in such a way that they initiate specific physical changes on this material realm. In this context, they are not merely static but are actually alive, active and vibrant.

This means that many ancient mystical glyphs and arcane symbols, and the Ankh is a primary example of just one of them, can be used as powerful occult tools in their own right. A good example of this is the All-Seeing

Eye, or Eye of Horus, which has been used throughout history as a tool of protection in and around the home.

Thus, symbols have power and the Ankh is quite possibly one of the clearest examples of their efficacy due to its ability, as a 3D form, to transform fixed energy fields into more vibrant ones. This process is, of course, central to all forms of natural health and healing.

Duality of Reality

From the perspective of human consciousness, the physical world we are all part of forms only one narrow field of experience within a much larger realm of existence.

Due to the limited range of our five physical senses, we do not generally have direct experience of the other realms but occasionally, usually through dreams, visions, or psychic experiences, the veil between the two worlds cracks and we become briefly aware that there is indeed something grander and more significant living just outside our immediate field of awareness.

The Ankh is one of the most capable symbols to express this sense of separation between Heaven and Earth, astral and physical, mundane and spiritual. Through its two key components (namely its loop and its T-cross), the symbol describes fundamental principles underpinning magick, spirituality and mysticism.

It defines this in two ways:

Upper Loop: As a circle, the loop of the Ankh represents the totality of the 'All'. It personifies the essential concept that everything is created from a single point of Universal Consciousness. It assumes that the Universe is alive, intelligent and self-aware. In this context, a circle has been used by cultures all over the world to represent a Godhead. In short, the loop designates the principle of Supreme Creative Power or Universal Energy—that field of magnetizing influence that underpins the whole of creation. Scientists refer to it as the Unified-Field Theory. Religion refers to it simply as God.

Lower Cross: In the lower section of the Ankh—formed by the tau cross—we discover a symbolic representation of the three-dimensional world within which mundane human consciousness resides and through which Universal Consciousness expresses itself. In many ways, the T-cross acts as the shadowy opposite of its looped counterpart; for this is the realm of darkness, a place that has to exist so that the spiritual light of the Godhead is able to express itself.

Bridge Between Worlds

As we have seen, the contrasting smooth and angular components of the Ankh reflect the notion of the mundane and the spiritual; however, this is not the only concept that the symbol defines, for it tells us something else that is really important.

When you examine the symbol, you will notice that it not only represents the two opposing principles of light and dark, spiritual and physical, but that it also suggest that there exists a point of unification between these two realms.

Thus, one of the more important principles described by the Ankh is the fact that its loop makes contact with the T-cross (representing 3D, or mundane reality) at the point where its three arms intersect. This point of connection, the exact place where the loop and the T-cross meet, demonstrates that, instead of being separate elements as many religions suggest, the world of man and the realm of the Gods do connect and do interrelate.

The way that the Ankh reflects this inter-connection is telling for it conveys the impression that the loop settles lightly down upon the T-cross and, in so doing, suggests a subtle interaction between the forces of heaven and our physical reality. In Christianity, this concept is represented by the descent of the dove as a symbol of the Holy Spirit and its ability to descend into matter.

What we can also deduce from this connection is that, while the two worlds denoted by the Ankh's components connect, they do not wholly interpenetrate—which is one of the principles we have already ascertained. If the T-cross was placed within the loop itself our conclusion might be different.

For example, if the loop and T-cross were completely disconnected as would be symbolized by the two parts being shown side-by-side or one above the other with a distinct space between—we might assume that no bridge exists to link the two realms.

The fact that a point of connection exists between the two primary parts of the Ankh is of great importance in helping us understand how this important and powerful symbol works.

Doors of Perception

The Ankh is a beautiful symbol. Its wisdom runs deep and its history is undeniable. However, it is a glyph with fundamentally anarchic characteristics!

We are taught from a very early age—mainly through religious indoctrination—that, ever since the Fall, when Adam and Eve were rather unceremoniously ejected from the Garden of Eden, there has been a very definite separation between the worlds of man and spirit. The Ankh indicates that this is not true; an opening does exist that can lead us back into the Garden of Eden and so return us to a pre-Fall state of innocence, love and harmony.

Throughout history, some truth-seekers and mystical explorers have discovered that a key exists; one that, if turned, opens the door to this higher realm. Many who have managed to coerce the opening into yielding and who have subsequently passed through door have returned to describe a land of light and love that exists beyond.

This is a common feature of those who report near-death-experiences but someone who made a decisive effort to peer through the veil was the English writer and mystic William Blake (1757 – 1827). Blake used art and poetry to record his regular journeys into the world of spirit and in perhaps one of his most famous poem Auguries of Innocence, he reflects upon his impressions having peered into this land.

"To see a world in a Grain of Sand,
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand,
And eternity in an hour.[19]*"*

Plane of Universal Mind

Blake is not alone in describing his mystical experiences. Throughout history, many spiritual travelers have entered the abode of the Gods and returned, bringing back with them new ideas and concepts, drawn from their inner plane experiences.

Some of these have been writers; others have been artists, and more than a few have been musicians; but it is not just creative types that have made this journey and returned with unique ideas from the other side. Many scientists and inventors have made ground-breaking discoveries drawn from their connection to Universal Consciousness. Several more have evolved new inventions, produced new concepts and developed ground-breaking products that serve to improve the lives of all of us.

When you examine the circumstances that have led so many creative individuals to develop new ideas or products, it becomes evident that most are not geniuses in the normal way that we think of such people. The ideas and concepts that many of them hold in their minds are not resident within their own neural networks but have in fact been drawn from an ethereal plane where pre-formed frameworks for an infinite number of thoughts, ideas and concepts exist. Any of these can be downloaded or brought into physical manifestation through the correct application of human consciousness.

Many people in history have been looked upon as being reluctant geniuses; including the greatest minds of our age, such as Einstein and Tesla, actively trained themselves to tap into this source of inspiration through meditation and contemplation. Many other great innovators of our time appear to do it almost accidentally.

Many creators who have recognized and used this creative process involved in tapping into a universal field of ideas do not take direct credit for their work and openly admit that, in actual fact, they have drawn the raw material for their work from an unseen dimension.

Take the magnificent musical works of Mozart, the inspiring poems of Blake and the advanced inventions of Leonardo Da Vinci, all of which are prime examples of how the mind of an artist can be projected into the universal ethers and then used to draw down into physical manifestation new ideas.

Their extraordinary abilities have all resulted in the formation of new and exciting ideas, inventions and products—some of which are years ahead of their time and require prolonged gestation periods before their concepts are absorbed into the general cultural consciousness. In each of these cases, they have credited their inventions to a Divine Source.

Key to the Universe

The greatest tragedy in life is that, for the majority of us, the doorway that leads from our mundane consciousness into the arena of Cosmic Consciousness remains firmly locked. Not only that, but it is barred and guarded by very powerful forces that deny access to its mysteries by the profane.

Yes, it is true that drugs of various types can unseal its secrets and enable a seeker to break through these barriers and to pass through into the creative ethers. Many priests throughout the ages have used psilocybin, often drawn from plants such as the red-capped mushroom fly-agaric, as a tool to loosen the walls of consciousness and allow them to peer into the working of the Universe. In some cases, the use of these types of psychedelics is an unacknowledged aspect to early religions; particularly the Christian Church.[20]

Although powerful narcotics, such as opium and cocaine, have been proven to be dangerous when taken to an excessive degree, history does record that in some cases their use has led to the expansion of consciousness and the ability of its user to draw down creative inspiration from the higher planes.

Other rather less-risky methods people have used to touch the creative worlds include dance, ritual, mystical contemplation and yoga practices such as breathing and meditation.

Despite their dangers (which were not fully known about or understood at the time), the Hippy Generation of the 1960s embraced the use of drugs as a shortcut to spiritual illumination. This was often temporarily achieved through the use of LSD—a drug that was embraced by such writers as Aldous Huxley and scientists such as Timothy Leary as a panacea of all sociological ills. However, much like Pandora's Box, once opened, you can never be quite sure what LSD will reveal or how you can close the lid back down again if the experience becomes too intense.

Those entheogens such as fly-agaric, which were used in a ceremonial context by priests and shamans throughout the ancient world, were very carefully administered to users desiring to use the hallucinogenic as an aid to ritual performance and magickal initiation. In each case, they were

administered under strictly controlled circumstances by those who had many years of experience in their application and effect.

Where am I going with all this talk of illegal substances?

Well, my intention is to draw your attention to the various ways that the door to the inner worlds have been opened using illicit substances. I do not condone their use, nor have I any direct experience of their use in the development of spirituality for, as we shall see, these artificial stimulants are not necessary when trying to gain access to the doorway leading to the realm of spirit.

Instead, by using the Ankh as a symbolic key, we can easily unlock the connecting portal and tap into the life-enhancing powers of the inner worlds in a simpler, easier and more manageable way.

CHAPTER FIVE

Physical Ankhs and Their Use

> *"The Secret of the Ankh stores some of the most revered mystery systems of ancient Kemet. It led to what our Ancestors of the Nile believed to be the God Particle or what has now come to be known as the Higgs Particle in physics."* - **Amenuti Narmer**[21]

So far, we have explored the history of the Ankh; revealed its use as a magical tool and looked at how copper became an important element in its construction.

It is now time to learn ways in which an Ankh can help you to tap into those higher levels of consciousness and to initiate dramatic and far-reaching changes to every area of your life.

Before we get started, I would like to point out that there are two types of Ankhwork and that each one requires a different approach. Neither way is correct nor incorrect, but you may find that you are more acutely attuned towards using one method over the other.

The approaches are as follows:

Using a Physical Ankh—one that you can hold and feel. This will be the topic for consideration in this chapter.

Using an Astral Ankh—one that initially exists within your imagination, or mind's eye, but which takes on a life of its own on the inner planes. We will explore the use of astral Ankhs in the next chapter.

Whichever approach you decide to take is entirely up to you for, as we shall see, they each have their own benefits and drawbacks when it comes to working magick.

Paths to Magick

Whether you use a physical or astral Ankh, you are in effect making a statement. You are informing the outer and inner worlds that you are activating a magickal process with the intention of attaining a specific goal.

With a physical Ankh, particularly one that is static and contained within a sacred environment such as a temple or dedicated area of a house, this expression remains evident to your Inner Self at all times. Every time you interact with your Ankh, even in the most mundane and fleeting way, you strengthen its core energy.

An Ankh that remains with you at all times; such as in the case of a piece of jewelry, is being continually charged to an even greater extent. This is the major advantage of using a physical Ankh for it will be constantly working in the background, charging itself and yourself by continually modifying the etheric fields in your house, home, or within your psyche.

The disadvantage of using this method is that the powe your Ankh is capable of wielding is limited by its size and the material from which it is constructed. The actual size, shape and material of an Ankh are important components in determining how effective it is at channeling Universal Power. Unfortunately, the optimum dimensions for an Ankh are so large that it would be impossible to carry it around with you all day due to its size and weight.

The second, more practical path that can be taken in Ankhwork, that of using a virtual Ankh, circumnavigates many of these problems.

Buying Your First Ankh

Let us take a look at the various ways we can work with a physical Ankh.

First of all, you need to obtain an Ankh of some type. Now, you do not have to own a full-bodied, copper artefact, taken from the royal tomb of an Egyptian Pharaoh from the First Dynasty to make your Ankh magick work —although it would be good to use one if you happen to find one lurking in a drawer somewhere! If not then you will need to either buy a suitable Ankh or create one yourself.

If you intend to wear your magickal tool at all times, then I would recommend that you obtain an Ankh that is as large as is practically possible. Some people simply like to wear a small Ankh on a chain around their neck or carry one in their purse or wallet. These are excellent ways to begin your work, but larger Ankhs are better.

As for the best type of Ankh to use? I would leave this decision entirely up to your intuition. A good place to start is by looking through the eBay website for Ankhs and to pick out any that take your fancy. Once you start looking, you may be surprised to find that there are many different styles and deviations of standard Ankh design to choose from. Some Ankhs reflect the Ancient Egyptian culture whereas others draw upon Pagan, Celtic or Gnostic teachings for their inspiration.

As for the type of material? I would always encourage you to buy one made from copper for reasons that I outlined earlier regarding this metal's powerful conducting properties. Unfortunately, Ankhs of this type are not easy to find as items of jewelry. Since the metal does not maintain its bright texture for long without needing constant cleaning, silver, pewter or gold are more practical substitutes. I would avoid buying a wooden or non-metallic Ankh as they do not charge up and will fail to resonate very effectively to your personal energies.

Cheaper Alternative

For those who are completely cash-struck, the purchase of a decent Ankh can be problematic. Nevertheless, there is a very cheap, or temporary alternative that you may wish to consider.

This involves printing, or drawing, a simple Ankh design onto a strong piece of paper. You can then either pin it up in your office, home, bedroom or in any location where you want it to do its work.

If you prefer, you could always fold up your paper Ankh and carry it around with you in a pocket or handbag—though it is better to have it close to your body if you can. I have included an example of a traditional Ankh that can be used for this purpose in Appendix 1 of this book.

Paper representations of Ankhs are fine as far as they go. They do work by triggering the subconscious of their wearer but they carry no unique resonance within themselves. While they have their limitations when working with the physical path of Ankhwork, they are actually useful in astral work as we shall see in the following chapter.

Wearing an Ankh

In order to apply advanced techniques of Ankh magick, you need to work with a physical Ankh of some description. Paper Ankhs are good at making that all-important statement of intent I referred to earlier (and remember, all forms of magick are reliant upon deliberate action and application of the Will) but they have no inherent capability to charge up or disseminate Universal Power.

The simplest and most effective way to discover what the Ankh can do for you is to obtain one—even a small, cheap one—and to see how it responds to your unique vibration and which areas of your life it is particularly resonant to.

Large ceremonial Ankhs can be prohibitively expensive and the most cost-effective alternatives are those mass-produced Ankhs sold as pieces of ornate jewelry. Which part of the body you decide to wear your Ankh is not important for any physical Ankh that you work with, no matter its form or material, will always create a replication of itself on the inner planes.

As soon as you place your chosen symbol upon your physical body, it begins to resonate through your etheric and astral fields. As it does so, it vibrates to its own specific frequency (depending upon its shape and material) and eventually it begins to attract the attention of your Higher Self; which, as we shall see later, is an important element of using Ankhs to help you obtain your personal goals.

Any Ankh that you can carry with you all day long will bring enhanced effects even if it is just a small charm carried in your pocket, wallet or purse.

Using an Ankh formed from a metal or material that is sacred to your astrological sign is also an additional advantage. Gold Ankhs will resonate more closely to the energies of the Sun and silver is traditionally the material associated with the Moon.

Some consider the position of the Ankh on the physical body to be important in aligning it to specific chakras, or energy centers, within the body. Some prefer to wear their Ankh high up on their chest and close to their throat chakra. Others wear them lower down and either over the heart or the Solar Plexus. These are significant adaptations to Ankhwork and each

will have a major bearing on the way that the Ankh influences the subtle energy currents within your aura.

Above: Locations of the seven primary Chakra centers in the human body. Each one is a potent area of healing when used in conjunction with an Ankh.

Making Your Own Ankh

If the cost of buying a decent-sized physical Ankh for use in your house is beyond your finances, then it is fairly easy to create your own using just a few basic tools. Forging your own Ankh does not require a large degree of practical skill and has the added advantage of giving you the opportunity to personalize it to your own tastes.

When making your own Ankh, I recommend that you use copper sheet as your basic material. You will also need a drill, fretsaw and file to fashion it correctly.

Step 1: To get started, print out a simple Ankh shape of your own choosing on your computer. I would recommend that you either use the template that I have included in Appendix 1 or do a search on the Internet for 'Ankh clip-art' or any similar term. This should produce a list of a number of different Ankh styles to choose from.

Step 2: Adjust the image to the size that you want your final Ankh to be, print it out onto a piece of heavy paper or card and carefully cut around it.

Step 3: Obtain a piece of copper sheet of your required thickness. The thicker the copper you work with, the better the results. Copperplate sheets are easily available from a number of eBay vendors.

Step 4: Having printed out and cut out your Ankh design, place it on your sheet of copper and carefully trace around it with a sharp instrument such as a knife or even a thin, sharp nail will do. Now remove the paper and you should end up with a basic Ankh-shape etched onto the copper.

Step 5: Cut around the shape using something like an electric jigsaw or a fretsaw with a fine blade.

Step 6: Removing the inner section of the upper loop can be a little trickier. To do this, drill a series of small holes around the inside of the loop and then use your fretsaw to remove the surplus material. This will leave you with a very rough-edged circle in the loop of your Ankh. You can tidy up these rough edges later on with a fine file.

Step 7: Finally, you can polish your crafted masterpiece…and there you go: one fully-fledged Ankh!

Charging Your Ankh

Regardless of whether you buy your Ankh from a jewelry shop, occult accessories supplier or have crafted it yourself, the first, and most important task of owning an Ankh is to charge it up. Doing so will greatly increase its ability to transmit power and make it more resonant on the inner planes.

There are a number of techniques you can use to do this:

Technique 1: The easiest and most effective way to charge your Ankh is to expose it to the Sun's rays. Strong, natural sunlight will energize any metal-based Ankh, which, depending upon the material that it is made from, can hold its charge for several days: although, this will obviously vary according to the way that you use your Ankh.

Technique 2: Your Ankh will resonate at an ultra-sound level just like a tuning fork, but this will be at a pitch that we cannot physically hear (nearby bugs and insects, dogs and bats might though!). The secret to charging an Ankh is to determine the frequency rate to which it naturally resonates. Use a piano or an acoustic guitar to produce as pure a tone as possible and avoid electronic keyboards which do not produce a clean sound but one that is full of sub-harmonics. Play one note at a time until you intuitively sense your Ankh responding. This note will be your Ankh's core vibrational frequency and can be translated to a specific number of cycles per second. Continuing to expose your Ankh to this single, specific frequency will energize or initiate it.

Subtle changes in the style and shape of the Ankh's main components—particularly in the ratios between the horizontal and vertical elements of the T-section—will cause your Ankh to respond to different frequencies. In the hands of a skilled maker, an Ankh can be constructed with specific characteristics that guarantee the production of a specific resonant frequency.

This is another powerful argument for making your own Ankh instead of buying one. Remember, the use of sound vibration in magickal practice is an important aspect of invoking spiritual forces and individual tones do relate to specific colors, planets and deities.

Technique 3: No-one truly understands the main purpose of the Great Pyramid in Egypt. So many ideas and theories have been put forward over

the years by historians, archeologists and alternative thinkers. Nevertheless, a great deal of circumstantial evidence exists suggesting that pyramid shapes of any type are harnessers and transmitters of cosmic energy. This might be true for some people are convinced that they are able to maintain good health by regularly relaxing or meditating under a small pyramid—one that is usually formed using a copper framework.

Smaller pyramids can be made quite easily with heavy-duty copper wire —the sort used by electricians to wire up our homes. Within these pyramids, you can place anything from crystals to food and in a relatively short space of time, they will become energized. Even blunt razor blades are known to resharpen when left under a pyramid for a day.

> **Tip:** I have found that Ankhs, and in particular copper ones, charge up very effectively when left under a pyramid. Once again, the results that you are likely to get are effected by the form and nature of the materials and the dimensions involved in your Ankh's construction. Another piece of useful advice to bear in mind is that you may find it beneficial to align your pyramid and Ankh in a north/south direction so that its charging rate is enhanced by being in alignment with the Earth's magnetic field.

Technique 4: Crystals can be used in conjunction with Ankhs simply by bringing one into close proximity to the other. Quartz crystals, just like Ankhs, also charge up when they are exposed to sunlight; their energy can pass from their crystalline-structure through to the material of any Ankh that is placed in proximity to them.

Beware, all crystals absorb electromagnetic radiations from televisions, computers and domestic house wiring; consequently, try to avoid exchanging this type of EMF energy with your Ankh by only using a freshly clean and charged crystal. Reversing this process in order to charge up your Ankh first and then allowing it to transfer its accumulated energy into your crystal is equally as effective.

Dedicating Your Ankh

In recent times, the Ankh has been increasingly viewed as a symbol of the Divine Feminine, but this is generally just a reflection of the spiritual culture we live in. The Ankh actually contains no sense of polarity being that it contains within its construction the balancing of both male and female, Yin and Yang energies.

Its general use in Ancient Egypt was simply to connect to the Universal life-force rather than to act as the expression of a particular deity. That being said, there is no reason why you should not use an Ankh in conjunction with a particular spiritual power by incorporating the tool into your daily devotions to any god or goddess. As we saw earlier, the Ankh has a historical connection to water and, as a result, has a natural affinity toward female lunar deities.

Healing with an Ankh

One of the most fascinating stories I have come across in connection with the Ankh as a tool for healing comes from the highly-respected researcher of extraterrestrials John Mack.

Mack stated that, in January 1993, an abductee by the name of Nona recalled to him an account of an abduction experience during which she underwent a medical examination and healing session at the hands of hooded ETs; one member of which carried an Ankh. Nona apparently reported that an ET showed it to her and revealed to her that "*This is the magic*[22].".

All ETs, occultists, magicians and alternative healers can benefit from the fact that an Ankh is highly effective in removing energy blockages within the human aura. These can reside within your own etheric body or within those of any other humans or animals.

There are numerous techniques for healing with an Ankh and the best method is one that you know works best for you. However, as a rule of thumb, if you imagine your Ankh as a cross between a clothes iron and a vacuum cleaner you will understand the primary way that it operates. The more powerfully charged an Ankh is, the more effective it will be in restoring imbalances within any life-form.

Always begin any new session of healing work by ensuring that your Ankh is both cleansed of negative energy and charged with positive. Passing it over, and through the delicate auric layers in the physical body; drawing out the accumulated negative energy whilst you do so and allowing the Ankh to transmit healing energy deep into dark, blocked or stagnant energy, will help to restore the body's natural energy fields back to a healthier condition.

There are seven layers to the human aura, with the most dense, and therefore the one most likely to pick up negative energy, closest to the skin. The seventh, or most outward layer, extends some 18-inches (45cms.) from the body. Each energy field has a different vibration and rips, tears or holes can appear in any field at any point in the human body.

Being intuitively aware of the way your particular Ankh works in healing will enable you to understand which level and which area of the

body requires your attention. Once you have located a problem patch, allow your Ankh to radiate clean, healing energy into it; to break up the dark matter that resides there and which can, if allowed to fester, lead to more serious illnesses later on.

At the end of a healing session, always cleanse your Ankh of its accumulated stagnant energy by washing it in clear, cold water. Some people prefer to use distilled or natural spring water that has been exposed to sunlight for a few days for this task, since it is purified and contains higher levels of life-force. Once you feel it to be clean, you will then need to recharge it again using any of the methods outlined earlier.

Attracting Wealth and Abundance

We live in such an abundant world but, for one reason or another, we are not always attuned to receiving its benevolence.

Unfortunately, the subject of money and affluence is too vast to explore here but there are many other books available that cover this topic in depth.

The plethora of information regarding natural wealth creation is a double-edged sword for much of it is contradictory and confusing. I have found that the majority of writers over-complicate the subject greatly.

Here is my take on how to improve personal finances.

Over many years of studying wealth, I have found that trying to become rich is a counter-intuitive process. If you want to change your material circumstances, it is important to completely forget, or ignore, the principle of money for it is a human construct and does not directly reflect metaphysical principles. By focusing upon it, you bring into your energy field the associated baggage of scarcity and poverty that mankind has come to associate with it over many thousands of years.

Instead, it is important to circumnavigate this self-destructive thought-form by assessing wealth from a metaphysical perspective. This reveals that at the heart of all teachings on the subject, the core themes of wealth and abundance can be reduced to two quite specific principles:

Principle 1: *Abundance* is manifested in our physical world through the solidification of energy.

Principle 2: *Wealth* is derived from the imposition of human consciousness within the constrictions of 3D reality.

Those who understand the central philosophy of the Ankh will appreciate that it directly reflects the dynamics of these two core, wealth-creation principles in the following way:

The Loop: The upper element of the Ankh reflects the infinite energy-field of Universal abundance as defined by Principle 1.

The T-cross: The lower element of the Ankh denotes the constricting energy within which the human mind operates and brings materiality into physical manifestation as defined by Principle 2.

The point at which the cross and loop interconnect reflects the point of entry of wealth and abundance into this world—the channel through which Universal Power and energy expresses itself in our reality. (In a later chapter I will offer specific exercises for making this connection open up within you.)

This is a simple, but extremely powerful occult law which as spiritually-awakened individuals and magickal operatives we can integrate into our philosophy to immense benefit.

Knowledge is power and this simple mystical concept automatically positions us in a better place than most people in society—most of whom run around, obsessing about money and who are invariably unaware that through their actions they are simply generating a pseudo-form of wealth that flows away from them or is drawn into the pockets of the unscrupulous in society.

Always remember the axiom that '*Money goes where energy flows*.' Placing your time and effort into a system, that requires you to hand over your life-force over to a third party always ends in a depletion of your own financial reserves.

So, simply as a consequence of its design, the Ankh demonstrates an inherent ability to pull into your life more of that universal benevolence; including, but not limited to, objects of value, opportunities for making money and connections to people who can aid you in the process of improving any aspect of your life.

Because Ankh philosophy by-passes purely personal feelings of scarcity as well as psychological hang-ups regarding money, it has the ability to connect you to principles of Universal Law. As a result, you may well find that using an Ankh to improve your material circumstances works better than many other Law of Attraction practices and obliterates the need for applying decidedly more complex wealth-creation techniques.

Psychic Protection with Ankhs

One of the most difficult challenges we face in trying to perform spiritual work is how to create and maintain a clean, sacred space to operate in.

Our increasingly urbanized environments have led to the creation of a psychic environment, or astral plane, that is dense, unharmonious and chaotic. In particular, the astral plane is becoming increasingly thick and dirty and, with our 24-hour society, we no longer allow the natural forces of cleansing to work during the night.

In many areas of our towns and cities as well as in certain war-torn regions of the world, the astral plane is becoming populated with even more dangerous and dark astral energies and malevolent etheric forms. All of these forces play through us every minute of the day, and night, and result in a darkening of our own personal inner worlds.

When performing any sort of spiritual work, it is important to counteract these effects. In particular, using the Ankh for healing requires a clean environment and in addition the process of becoming wealthy requires a clear consciousness. Therefore, it is imperative to keep the psychic atmosphere that surrounds us clear of negative energies at all times.

A well-charged Ankh can help offset much of this negativity by keeping our homes clear of dark astral matter and negative entities. An Ankh or two placed at strategic points around the house supports and protects the health and well-being of all family members; including pets, plants and even the food that we eat!

Ankhs placed in key locations; such as over doors and windows, keeps your psychic atmosphere cleansed and protected from any encroaching elementals that might be hell-bent on creating havoc around your home or workplace. These can also protect the house itself from harm and keep out more physical intruders.

An Expanding World

These have been just a few ways you can use your Ankh to improve your life. There are many more and as you develop your Ankhwork, you will be naturally drawn to discovering others as a result.

Above all else, it is important to remember that your personalized Ankh automatically opens up a connection between your heart chakra and the Universal Mind. In most people, the heart center is dark, out-of-balance, or closed down. One of the primary practices in all light-work is to ensure that this center is open, but not too wide, and that it is capable of drawing light and love into your world.

Every aspect of creation rejoices whenever a human embarks upon this process of awakening as it enhances its opportunity to increase its own rate of expansion. By buying, making and using your own Ankh symbol, you are broadcasting to the Universal Mind an important message—one in which you are establishing your intent to embrace life and to determine your own unique role within it. As a consequence, marvelous and magickal synchronicities can take place around a powerfully-charged Ankh.

The really fun aspect to Ankhwork is that you never know what strange and exciting experiences it will bring you!

CHAPTER SIX

Virtual Ankhs and Their Use

"Know the world in yourself. Never look for yourself in the world, for this would be to project your illusion." - **Egyptian Proverb**

What is a virtual Ankh?

A virtual Ankh is simply an astral thought form. It can be an etheric counterpart to a standard, physical Ankh or, as we will come to understand it, a stand-alone, inner-world projection—one that is as real and valid as any physical Ankh but which requires a regular input of mental energy to create and maintain.

In most cases, you need to formulate your astral Ankh using a variety of visualization techniques. These are quite easy to initiate but they do require a little practice to strengthen and improve. It could be that you may not see any benefits from your work for several weeks but if you persist with these exercises on a daily basis, you will find that you have at your disposal a very powerful tool indeed.

The main advantage of using an astral Ankh over a physical one is that you can apply it to a wide range of circumstances some of which would be impractical, or even impossible, by working solely with its physical counterpart.

Another powerful argument for working with virtual over physical Ankhs is that, because they exist within an astral environment, they are more effective at resonating to higher spiritual frequencies. An Ankh that is formulated through the powers of the mind can be projected up onto the higher realms and well away from the dense and chaotic influence of the lower astral void.

So, the basic advantages of performing spiritual work using an etheric rather than physical Ankh are:

1. An improved psychic connection to your Ankh.
2. The ability to determine the resonance or energetic form of your Ankh.
3. A more versatile approach to performing inner-plane magick.

4. A better alternative for those who are more attuned to mental magick than ritual or physical-plane occult work.
5. A more intuitive way of assessing the energies being drawn toward an Ankh.
6. The ability to tune an Ankh to any specific resonance.

In short, if you have found that using a physical Ankh is a rather hit-and-miss affair, using a virtual version of the symbol can sometimes prove to be a better way of working.

The Astral Ankh

So, to recap, psychic Ankhwork is based upon the creation of an Ankh symbol within your inner consciousness and then of projecting it outward into the astral world. These 'thought-forms' are light-based energy fields which, once created and activated, resonate within the higher frequencies of the spiritual realms.

How exactly does this work?

If you place a physical Ankh in a window, with sunlight shining down upon it, you note that it naturally creates its own counterpart in the form of a shadow.

Virtual Ankhwork involves working not with the physical Ankh as such but with its shadow version, which has, through the effect of the sunlight, been projected into a different dimension.

Occultists have always referred to this plane of shadows as the Astral World—the first of many different levels of increasingly finer vibration that stretch from our physical plane toward a world of pure light. This region is referred to by several religions as Heaven or Nirvana.

Everything that we think about, or emotionalize over, generates energy-forms that inhabit the lower astral planes. The lifespan of these forms are determined by the amount of energy used to create them. In most cases, they dissipate relatively quickly but some are energized through collective effort rather than through our own, rather weak and limited, individual impulses.

Many thought-forms that live on the astral plane play a major role in governing our lives for they are generated and maintained by the collective racial unconscious. Religious egregores, for example, continue to exist, and are regularly strengthened, over successive generations by devotees projecting energy into them via such activities as intense prayer and regular devotion.

From a personal perspective, creating an Ankh as a thought-form and then constantly charging it up enables it to resonate more brightly and intently. The more an Ankh vibrates within your inner consciousness, the more it will carve a direct pathway through to the very highest aspect of yourself: to your Oversoul, Daemon, Inner Genius or Higher Self.

This is a relatively simple process—one all of us alive today have the ability to perform—but this has not always been the case. Do you recall in Chapter One of this book, I referred to how the Ancient Egyptians used the Ankh to form a close connection between themselves and their deities? Nowhere are there examples of the commoners of the country using Ankhs in connection to religious devotion. The reason for this is that the general consciousness of the common folk was not high enough to allow them to safely carry the energy that the Ankh was capable of transmitting to its users.

It was only the Egyptian gods and goddesses, as well as priests and kings, who had the ability to tap into the highest levels of consciousness at that stage in human development.

A great deal has changed over the last few thousand years and today, for some individuals at least, their personal levels of consciousness have developed to a point that is at least equal to—if not greater than—that of the Egyptian deities. It is quite a dizzying thought to consider how far human consciousness has grown over the intervening millennia but particularly in the last one hundred years! Most of us, were we able to travel back in time, would astound the Ancient Egyptians with our mental abilities. As a result, they would probably anoint us as Gods!

Either way, the teachings behind the Ankh are only available at heightened levels of personal consciousness. The higher the rate of resonance we allow our inner Ankh to vibrate to, the more we tap into powers that are set way above those of mundane reality. Using an Ankh will open you up to higher vibrations and these can be even more potent when your astral Ankh attracts the attention of your Higher Soul.

Creating an Astral Ankh

Visualization forms the heart of creating astral thought-forms. It is probably the most effective psychic, or magickal, skill you can learn. It is so important in the process of psycho-spiritual development, and as a practice it never fails to amaze me, by demonstrating just how effective it can be at creating changes in physical reality.

Creative visualization can be defined as the ability to formulate images of your desires within your imagination and then to project them out into the inner planes. From there, they draw toward them energy of a type that strengthens and supports their core structure.

Today, many people use inner sight as a way of changing their internal psychological makeup. This has become a common practice, not only in the world of spiritual self-development, but also within other completely unconnected areas of endeavor; such as sports psychology and business planning. For many practitioners, visualization is the key to manifesting their goals and dreams.

Fortunately, the principles of visualization are very easy to understand. Everything that you see in your mind's eye initiates a process of creation. By imagining what you want to occur within your life, forming it into a clear image and focusing Universal Power upon it, you force it to appear in 3D reality. Thus, if you visualize wealth with enough clarity you will force that thought-form to attract toward itself energy of a commensurate type.

As a visualized form is magnetized by Universal Power, it grows increasingly dense. Given sufficient time and energy is applied to its creation, it has, through Natural Law, to manifest in this world. It this for this reason that some highly-skilled Eastern gurus are able to manifest small, but valuable, items such as gemstones, coins and items of jewelry in the palm of their hands, seemingly quite effortlessly.

Thus, anything that we desire in life can first of all be visualized and then brought into physical manifestation through Universal Law.

Let me explain how this works.

The physical world that we inhabit is that of limit and restriction—it has to be for it acts primarily as a domain of existence into which energy becomes manifest.

Of all the planes of energy that exist, and there are many of them, it is only this physical Earth plane that has the inherent capacity to maintain the form of a particular energetic framework or visual concept. The Earth plane cannot hold energy in a physical shape indefinitely though. This is why everything that is born into this world also has to die at some later time.

This important principle is encoded into the symbol of the Ankh for, as we saw earlier, its lower part—formed by the T-shaped cross—represents the physical world as a three-dimensional construct. Although the T, or Tau, does also reflect the process of death, it more significantly denotes the process of transformation in life, with its inherent capacity to limit all things and eventually to instigate their demise.

Of course, nothing ever truly dies. It just appears to do so from the perspective of our limited senses. In reality, the pattern of everything that has ever existed contains an internal trigger mechanism that causes it to deconstruct itself, leave this plane of physicality and become drawn up into the higher planes of expression where it continues throughout eternity as an ethereal form.

Some psychics are able to tap into the history of every dematerialized form that has ever existed. This is known as the Akashic World and is symbolized as the upper loop of the Ankh which not only represents the high-frequency energy band that absorbs the life-force of all physical existence upon death but is also the repository of all the thoughts, ideas and mind-matter related to things that have yet to start life on the physical plane.

It is through the interplay of the forces of life and creation, death and destruction, that we strive to create meaningful lives for ourselves. As we all know, this is not an easy skill to perfect and we need every little bit of help just to survive. Visualization happens to be one of those powerful assets that we can call upon to aid our own spiritual evolution on this physical plane.

The symbol of the Ankh, when added to visualization techniques, acts as a powerful key for unlocking the secrets of the laws of attraction and manifestation. This is because it calls upon metaphysical principles that have been active since long before the time of the Ancient Egyptians. They

remain as powerful today as they ever were and, by working with them, we strengthen them even further for subsequent generations.

Ankh and Inner Vision

We all have the ability to visualize but it is a skill that some people find easier to perfect than others.

It is true that experts at this art are capable of creating complex scenes and rich astral landscapes in their mind's eye but most of us are limited—at least at first—to formulating only relatively simple symbols and shapes. As it happens, only minimal skill is required when creating an astral Ankh due to its simple design. It is a symbol that lends itself very nicely to being worked with by anyone who is new to the practice of visualization.

How do we create an astral Ankh?

There is a simple four-step routine that you can follow which I outline below.

Step 1: The fastest route to the creation of an imaginary version of an Ankh is to ensure that you begin by being as physically and mentally relaxed as possible. Before initiating your Ankh visualization exercise, always try to slow down and regulate your breathing, clear your mind of all thoughts and allow your daily concerns to float away.

Step 2: With eyelids closed and eyes focused upon the bridge of your nose, imagine an Ankh in your mind's eye.

Step 3: Once you are aware of its existence, project it forward a few inches so that it rests at a point in space just in front of your eyes. With a little practice, it is possible to see it as a clear image. Some people find it easier to achieve this by projecting the image onto an imaginary screen—maybe something like a small TV.

Step 4: Infuse any features into your Ankh that brings it to life. This could include turning it into a 3D-shape and adding vibrant color to it. As a guide most people find it easiest to imagine their Ankh made from brightly-shining gold.

Even these simple procedures may prove to be a bit of a challenge for some. If this is the case for you, then I recommend focusing upon an actual Ankh first. Just spend a minute or two gazing at either a print-out of the symbol or an actual physical Ankh. Follow this by closing your eyes and the basic shape, in silhouette form, should appear in your mind's eye quite

naturally. Now return to the four-step guidelines I highlighted earlier and you should find that the image in your mind's eye begins to grow in strength and clarity.

Do not worry if this is not a great success on your first attempt. Many people have difficulties with visualization. Just persist with these exercises by working on them a little each day. The optimal time for working on them is when in a relaxed state immediately prior to falling to asleep at night.

A common mistake many students of visualization make is that they assume that because they are unable to actually 'see' the symbol clearly in their mind's eye, the exercise cannot be working properly.

This is incorrect. Everything that you think about, imagine, focus on or deliberately visualize is automatically created on an astral level the very moment that you form it in your mind. As soon as you think about creating an Ankh so it happens. You may not be immediately aware of its existence on the inner planes but be assured that it does exist.

Above and beyond the clarity of your Ankh, it is the power of your thoughts and the conviction of what you are doing that enhances its strength. This means that the degree of intent that you apply to your creation determines the effectiveness of this exercise.

So, no matter how poor you think you are at creating a virtual Ankh, you may be pleasantly surprised to discover that you are constantly achieving results for your efforts. Always remember that because of the way our mundane minds are intrinsically connected to the Universal Mind, the minute you formulate an Ankh in your imagination one is immediately created on the Inner Planes. This occurs instantaneously and without exception. The closer the connection we have to the higher planes at anytime the stronger our Ankhs will resonate at that level.

The Power of Your Creation

The real magick begins once you have developed your visualizations to the point where you are able to 'see' an Ankh in your minds eye within a few seconds of closing your eyelids and settling into a relaxed state.

It is at this stage that you can be sure your visualized creation has successfully transformed from being a simple 2D visual photograph into a more complex and resilient 4D astral form. Always bear in mind that your astral Ankh can decay relatively quickly once you cease applying energy to it which is why regular practice builds its strength by adding layer upon layer of energy to the image.

This is why it is necessary to practice visualizing your Ankh on a regular basis—at least once a day for a minimum of ten minutes at a time. Over a period, and this will vary from one person to the next, your astral Ankh will increasingly solidify on the astral level. Eventually your visualization effort changes and starts to shift away from the work of creating your Ankh to that of adding to its 'charge' by focusing upon the now permanent astral form. In other words, once you pass through the initial hard work of creating your astral Ankh, you can take a more relaxed approach to these exercises and focus your efforts instead upon maintaining its shape and form.

> **Tip:** Always try to treat your astral Ankh as a living, breathing entity. Feed it, converse with it, strengthen it and care for it and it will repair you in dividends.

The goal of this advanced level of Ankhwork is to develop your Ankh into a permanent and stable etheric form—one that does not dissolve over the course of a day or so but which remains alive on the inner planes as a discernible object at all times. Once you achieve this, you can then automatically connect to your Ankh, even at a moment's notice, should you need to do so during any form of occult work you undertake.

> **Tip:** In addition to charging your Ankh at night, you may find it helpful to carry a physical Ankh with you at all times as a reminder to dedicate a minute or two during the day to strengthening its astral form.

Using an Ankh in Meditation

The positive effects of meditation on our mental and spiritual health have been proven by traditional and alternative therapists for decades.

We all know, or have read about, the major benefits meditation offers in reducing stress, increasing mental power, and generally easing our passage through life but that being said, few of us really commit to meditation as a daily practice; even when we understand the major benefits to be gained from doing so.

Sadly, there is no denying the fact that meditation is generally a somewhat boring pursuit; one that becomes a real chore to practice on a regular basis. Our modern minds, being constantly thirsty for stimuli, do not cope well with being stilled or completely turned off.

However, in order to be beneficial, meditation does not require the cessation of all mental activity. It is possible to derive major health advantages from simply entering into a reflective state while focusing on a single object or idea.

The Ankh can operate as a focal point in the combination of the two disciplines of meditation and visualization. Unifying them into one exercise can make the practice really interesting.

Working with an Ankh in meditation helps in two primary ways:

Technique 1: Visualizing an Ankh during a meditation offers you something visual to focus on. This helps to counteract the effect of boredom setting in and reduces the chance of the mind wandering off to find something more stimulating to think about.

Technique 2: Very few teachers of visualization today recognize the fact that the clarity of astral environment we are meditating in influences our ability to keep our mind clear of spurious thoughts and to achieve mental stillness. All background noise of an ‘astral/mental’ type acts as a distraction to our efforts, but a strongly-charged, physical Ankh that is located in close proximity to us during a meditation helps to clear the energy space around us.

Ankh and Dreamwork

I am an enthusiastic advocate of the practise of dream recollection and interpretation. To my mind, being aware of what is taking place at deeper levels of our subconscious can be of major benefit in any type of spiritual work.

When you understand the language of dreams, you can better comprehend the nature of the multi-dimensional realities we are all connected to at all times. Working with your dreams offers a greater opportunity for increased personal and spiritual growth than nearly any other alternative therapy.

It also costs you nothing to find out what is really going on inside your mind and how you can easily rectify some of its deficiencies!

Each of us dreams several times every night, for they are a a natural part of our nightly experience, but if you do not recall them easily the following morning, it is worth mentioning that they can be stimulated, or incubated, in several different ways.

How do you use an Ankh in dreamwork?

There are a number of techniques. The following are the most popular.

Method 1: Ankhs are very effective at creating a deeper rapport with your inner world by first preparing your receptive mind to recall them and by encouraging dreams that are more relevant or significant to your area of psycho-spiritual work.

Method 2: Keeping a daily dream diary helps you engage with your inner worlds and recall important information regarding the way your core psyche is working. When you get into the habit of writing down the significant details of your nightly experiences, you will quickly find that your Higher Self will enter into a dialogue with you. Among other things, it will relay important information and details regarding your life-mission.

Method 3: By working in conjunction with an Ankh and your Higher Self, you can very quickly glean a clearer understanding of your true Soul purpose and its plan for you in this incarnation.

If you can hold an Ankh in your thoughts during the final minute prior to dropping off to sleep, you will carry the symbol deep into your

subconscious. From there, the door that separates you from Universal Mind will swing open. Noting any dreams that come through the next morning, or, if you cannot sleep, other non-personal impressions and thoughts that float up into your mundane consciousness can reveal some vital personal insights.

Some who have used this dream-seeding exercise are disappointed that Ankhs do not feature in their dreams. It is important to remember that your Higher Self may be revealing to you information triggered by your use of the Ankh rather than demonstrating the existence of the symbol itself.

Let me explain this further with an example.

A couple of months ago, I was working on my astral Ankh in a pre-sleep meditation. My intention was to program it to connect to my inner world and, through my dreams, try to increase the flow of creative energy into my life.

The next morning, I recalled a lucid dream in which I was standing alone in countryside looking up at the side of an extremely tall dam that towered high above me. I knew that this was holding back a massive reservoir of crystal-clear water.

As I stood there, peering up at this impressive structure with a sense of wonder, I noticed a small hole appear in the stonework just above me. This increased in size until it reached a point when a jet of clear water poured forth from it. This showered me from head to foot in cool, energizing liquid.

As you may have already deduced, core Ankh principles made an appearance in this dream—but in an exclusively symbolic, rather than literal, context.

The dam represented the T-cross part of the symbol by virtue of its restraining capabilities. The reservoir represented the loop of the Ankh and the infinite supply of Universal well-being. Finally, the jet of water was the point of connection between the loop and T-cross—the doorway that was opening to release some of the creative spirit into me.

A few days after recalling this dream, I experienced an unexpected creative urge which allowed me to release a writer's block I was suffering from at the time.

Ankh and Creativity

I hope this account proves how, by using an Ankh in meditation and combining it with dreamwork, you can directly impose your will upon the powerful forces that animate your physical life.

In the example that I have just given, I specifically applied myself to improving or enhancing my writing. I simply willed my internal psychic mechanisms to bend to my bidding by using an Ankh as a tool of leverage.

Creative artists, and not just writers, are all skilled in connecting to the vast sea of ideas that are held within the Universal Mind. Anyone who is reliant upon creating unique ideas and concepts will find the Ankh invaluable in opening the doors to that all-important creative flow. After-all, nothing that is created appears independently of the mind of its creator.

The best way to open up and tap into the more creative areas of your consciousness, is by visualizing your virtual Ankh in your mind's eye and, once empowered to a sufficient level, to send out a silent but willed request to the Universal Mind to supply you with information, insights, or concepts related to your chosen field of expertize.

Once again, this exercise is always more effective when performed last thing at night for this offers the subconscious an opportunity to work on your request while you are asleep.

Despite the effectiveness of these exercises, you should not expect immediate results from your work. It sometimes takes a day or two for the answers to emerge into your mundane consciousness, but rest assured, they will come—usually as images, thoughts and impressions that spontaneously well-up into your conscious mind.

These will often arrive when you are in a relaxed state—such as first thing when you awake in the morning or at other times when you relax and switch-off, such as during a mid-morning coffee break. It is worth keeping a notebook with you at all times so you can capture these fleeting trains of inspiration when they strike.

Etheric Charging

As we saw earlier, an Ankh is such a powerful tool for cleansing your aura of dark or negative energy accumulated throughout the day. As we interact, even fleetingly, with other people while at work, in the supermarket, out at concerts, or in sports stadiums, etc., we naturally absorb their energy. Sometimes this can be uplifting and energizing but, in the main, the emotional struggle of people's lives transfers itself into chaotic and disturbing energy patterns within the aura.

It is important to clear yourself of this accumulated dross at the end of each day for, over time, it can lead to blockages in chakras and a general depletion in the well-being of your mental and physical health.

Insomnia is very often attributable to an aura filled with trapped astral forms that feed off our essential energy. If you spend a little time each night using an Ankh to clean out your aura, you may well find yourself enjoying a better night's rest as a result.

Practiced regularly throughout the day as well as at any point prior to sleep, aura-charging exercises can greatly alleviate general levels of daily stress. They can also help you overcome bouts of tiredness, depression or lethargy. The following exercise can help you to resolve minor health and mental imbalances.

Step 1: Relax in a comfortable position. This is probably best achieved whilst stretched out on a sofa or bed.

Step 2: Visualize an Ankh about 6 to 8 inches (15 – 20cms.) above your head.

Step 3: Create a golden globe, or light, around your Ankh—one that causes it to spin gently clockwise accumulating Universal Power as it turns.

Step 4: Slowly, allow your Ankh to release powerful golden light into the sphere.

Step 5: Pull the light from this glowing ball down into the top of your head and from there, allow it to flow down through your body, filling you up with light and energy.

Just fifteen minutes spent doing this exercise at midday should be sufficient to get you energized enough to complete the rest of your day at

full throttle!

Psychic Protection

I have spoken about the use of physical Ankhs in connection with psychic cleansing and protection. Psychic attack from low-grade spirits and elementals is a very real phenomenon and something everyone suffers from occasionally. Those who work in spirituality and occultism are subjected to it all the time!

An astral Ankh can act as a great tool of protection against negative entities, mental shadow-projections and psychic attacks from enemies.

To form an impenetrable shield around yourself, all you need to do is to visualize a large, body-sized Ankh seated within your aura. Feel it radiating powerful gold-colored light into every part of your being.

Ankhs are also great for protecting your home from negative night-time intrusion—that time when spirits and demons come out and feed directly off our energy whilst we are asleep. Each night, prior to going to bed and settling down, visualize a large, glowing Ankh covering every window and door in your house. This stops any elementals from breaking through and disturbing your sacred sleeping environment.

Tool of Manifestation

Earlier, we looked at the effect that a physical Ankh can have upon your material well-being. An astral Ankh is just as capable of drawing abundance toward you—in fact more so, for it can tap directly into the energetic fields that underpin the Law of Manifestation.

The most powerful technique that I can offer you for making this happen is as follows:

Step 1: Visualize and energize your astral Ankh.

Step 2: Focus your awareness upon its upper loop for a few moments.

Step 3: In this space, interject a specific image, or symbolic representation, of what it is that you want to manifest.

Step 4: Apply as much emotional energy as you can to its formation. Know that what you are seeking exists, as an energy pattern, or astral framework, in a higher dimension of space and time.

Step 5: Feel yourself pulling it from that inner world through the loop and into this physical realm.

Remember, your Ankh is already attuned to this process of manifestation—it was why the glyph was originally formulated. It is not necessary to force this process; for straining at it can prove to be counterproductive. Just allow the process to take place naturally and easily. Simply relax and imagine the loop as a two-way mirror, bringing mental images of the things that you desire into focus.

I'd advise that you start off manifesting small items and, as they appear in your physical reality and you become convinced of the efficacy of this practice, you can move on to more complex and complicated astral forms. Once again, practice makes perfect in making this technique work.

Ankh and the Third Eye

Many deep and esoteric mysteries surround the Ankh and it requires a deep understanding of metaphysics to fully appreciate them.

However, as in all scientific principles, it is the simplest of concepts that can offer the most sublime of revelations and the relationship between the Ankh and the Third Eye is such an example.

Earlier in this book, we looked at the two core components of the Ankh and the principles they individually represent. Nevertheless, it is worth repeating some of these ideas; after-all, we have covered a lot of ground since then.

The upper loop of the Ankh represents the totality of all—the universality of the spiritual realms and Universal Mind. Meanwhile, the T-cross is the medium, point or location through which we become aware of the spiritual world and the way it expresses itself on the Earth plane.

In practice, these two worlds are quite distinct from one another—except that, as we saw earlier, the Ankh rather subtly reminds us that the two aspects do make contact via a hidden gate or doorway. Through the simple application of our minds, we can open this portal and connect to goodness and abundance.

There is a similar location that exists within the psycho-spiritual make-up of the human body—one that also acts as a gateway between the physical and spiritual worlds. Once opened, it allows for Soul connection and a direct channel to the higher planes of consciousness. This center has been venerated through time by spiritual and religious disciplines of all persuasions. It is more commonly known as the Third Eye, or Pineal Gland.

The Third Eye, as traditionally represented by the symbol of the All-Seeing Eye, or Eye of Horus, is such a significant symbol in occultism. It is represented in Eastern religions by a dot in the center of the human forehead and in Ancient Egypt by a coiled snake—usually a cobra extending itself outwards from the forehead.

Above: A lion-headed deity administers the healing power of life, via an Ankh, to a pharaoh.

In the 1960s, the practice of Trepanation was particularly popular as a method of opening the door to the inner worlds. For those unfamiliar with the term, this procedure involved physically drilling a hole into the centre of the forehead with an electric or hand drill. Those who undertook this rather drastic operation believed that it forced the Third Eye to open and grant them access to the inner plane's greatest mysteries. The trouble with this process—aside from the obvious challenges to drilling a hole in the skull and the associated health risks, is that like drug use, similar dangers exist of being unable to control the outcome of the process. Once spatial doorways are opened, they often remain permanently open, leading to the eventual development of psychoses and madness.

The really significant thing about the Third Eye is that it opens up a power center, known in Eastern philosophy as a ‘chakra’, within the human aura and this enables us to connect to, or in some cases even physically see, the higher spiritual realms.

The Third Eye can be seen as a doorway that connects both the mundane and spiritual worlds and, in this regard, is similar in operation to the connection that exists between the two components of the Ankh. In fact, their form, operation and symbolic meanings are the same.

Given that the symbolism of the Ankh and the operation of the Pineal Gland represent similar concepts and operate in similar ways, it is pretty evident that unifying them into a single exercise can be a really effective way of opening up to the source of Universal Power. Used independently, they are highly effective but when unified into the same magickal practice they are dynamite—with each one enhancing the effect of the other dramatically.

In the basic visualization technique, we looked at earlier, the Ankh symbol that you created in your mind's eye was simply an impression projected upon the visual cortex in the rear of your brain. This is the part of the mind that interprets what you see in real terms.

In this method, however, the approach is to pull your image of an Ankh back from the front of your head and into a small space located in the centre of your brain, roughly at a level central to the eyes and a little way back inside your skull. This is the location of your Pineal—a small gland shaped like a pine cone, that operates as the point of expression for your Soul.

It is a simple process to stimulate your Third Eye by imagining a small golden Ankh in this area. Allow it to settle and to grow in the space around the centre of your forehead and let it naturally open up your Pineal Gland/Third Eye. This triggers the connection between your Self, your Soul and the Universal Source of Life.

As a result of stimulating your Third Eye with an astral Ankh, you will develop a much deeper understanding of your Soul function and life-purpose. This is powerful work, for the astral Ankh very quickly becomes alive and acts upon your energy fields to evolve the best possible circumstances for your present incarnation. It can take a little skill to do this, which is why I recommend practising the earlier exercises first, but, after a few sessions, amazing things start to occur.

Another powerful Third Eye exercise that you can do is to visualize your astral Ankh slightly forward of your forehead—resting directly on your face.

Step 1: Relax and visualize your Ankh on your forehead but level with the position of your Pineal Gland.

Step 2: Imagine the upper loop section expanding to become roughly an inch and a half (3 to 4cms.) wide.

Step 3: Allow the lower T-cross segment to grow to a similar size and you will naturally extend the outer extremities of the horizontal arm until they touch the central pupils of each of your eyes. This has the effect of balancing the two streams of energy that we project from our eyes at all times as well as unifying the two hemispheres of the brain.

Step 4: Extend the vertical leg of your Ankh and stretch it down the length of your nose and end at its tip. You may find that this results in the development of a tingling or tickling sensation along your nose. This is a common sign that your psychic senses are becoming active.

Step 5: Hold that image for a while. Allow it to strengthen and vibrate.

Step 6: Build golden light into the loop—energy that has come directly from your Third-Eye, and then visualize this energy flowing down into the T-cross. You should now intuitively sense the light flowing into each of your physical eyes. This will have the effect of charging them up, strengthening them and alleviating any stress held within the muscles that surround them.

Step 7: Imagine the same Third Eye energy flowing down the length of your nose, curling around it and energizing your nostrils.

Step 8: Breathe slowly and imagine this energy flowing up into your nasal cavity then down into your chest.

Step 9: Continue to expel any dead or dark energy and repeat for 10 to 15 minutes.

There are several benefits to be had from performing this exercise. One of them is to improve physical eyesight and to relieve tired eyes caused by extensive computer work. Breathing the light energy from your Third-Eye into your body also helps regulate your body temperature, balance the right and left-hand side of the aura and can even help to relieve cold and flu symptoms by regulating the passage of air through the nasal cavities.

This use of the element of air might explain why so many Ancient Egyptian steles and wall-paintings depict an Ankh being held up by a god, goddess or priest to the nose of a recipient as if they are administering some sort of medication.

Follow Your Instincts!

This completes a basic look at the creation and use of an astral Ankh and some simple psychic exercises you can do with it. These guidelines are designed to be no more than an example of what is easily achievable with a strong will and a little imagination.

It may be that you feel more comfortable starting out with a physical Ankh; learning the basics of what it can do for you, and from there to progress to more advanced exercises once you are more familiar with the symbol. Alternatively, if you are more experienced with the Ankh, or have used visualization in other spiritual or occult practices, you may wish to skip the physical Ankh work altogether.

On the other hand, you may decide to follow a combination of the two paths, to carry a physical Ankh around with you during the day—allowing it to keep it charged up as you go about your daily routine. Then use your astral Ankh to rinse out your aura and charge up your Third Eye when you get home.

Either way, follow your inner guidance and see which methodology your intuition steers you toward. There are no right or wrong ways to work with the Ankh for it is both a safe and natural symbol to work with. Many years of Ankhwork has never exposed me to any inherent dangers or difficulties and I am sure it will be the same for you.

CHAPTER SEVEN

The Greatest Mystery of All

> *"What I hate is ignorance, smallness of imagination, the eye that sees no farther than its own lashes. All things are possible. Who you are is limited only by who you think you are."*
> – **The Egyptian Book of the Dead**

As a mystical symbol, the Ankh is without doubt a king amongst its peers. While the Ancient Egyptians did indeed use it as a glyph to signify life, this interpretation forms only a small part of an inordinately complex story.

If I was asked to give a concise definition or explanation of what the Ankh is, or what it does, I would have to respond in the following way:

> "*The Ankh is an esoteric symbol whose function it is to express the essential dynamics of human experience and potential. It offers mankind a unique opportunity to connect to the Universal Mind in a powerful and effective way."*

In addition, I would have to qualify this statement by saying that…

> *"The Universal force the Ankh references is operated by a mode of consciousness that, along with the interaction of the human Will, can interpenetrate and modify all physical matter. The Ankh offers an initiate a key to tap into that power through concerted and directed action of mind."*

To many, the idea of a conscious universe—one teeming with life and underpinned by a network of interconnecting threads, will seem strange; but it is an idea that, despite having fallen out of favor for many centuries, is beginning to gain strength once again—even within the scientific community who are already starting to describe our Universe in terms of a super-computer.

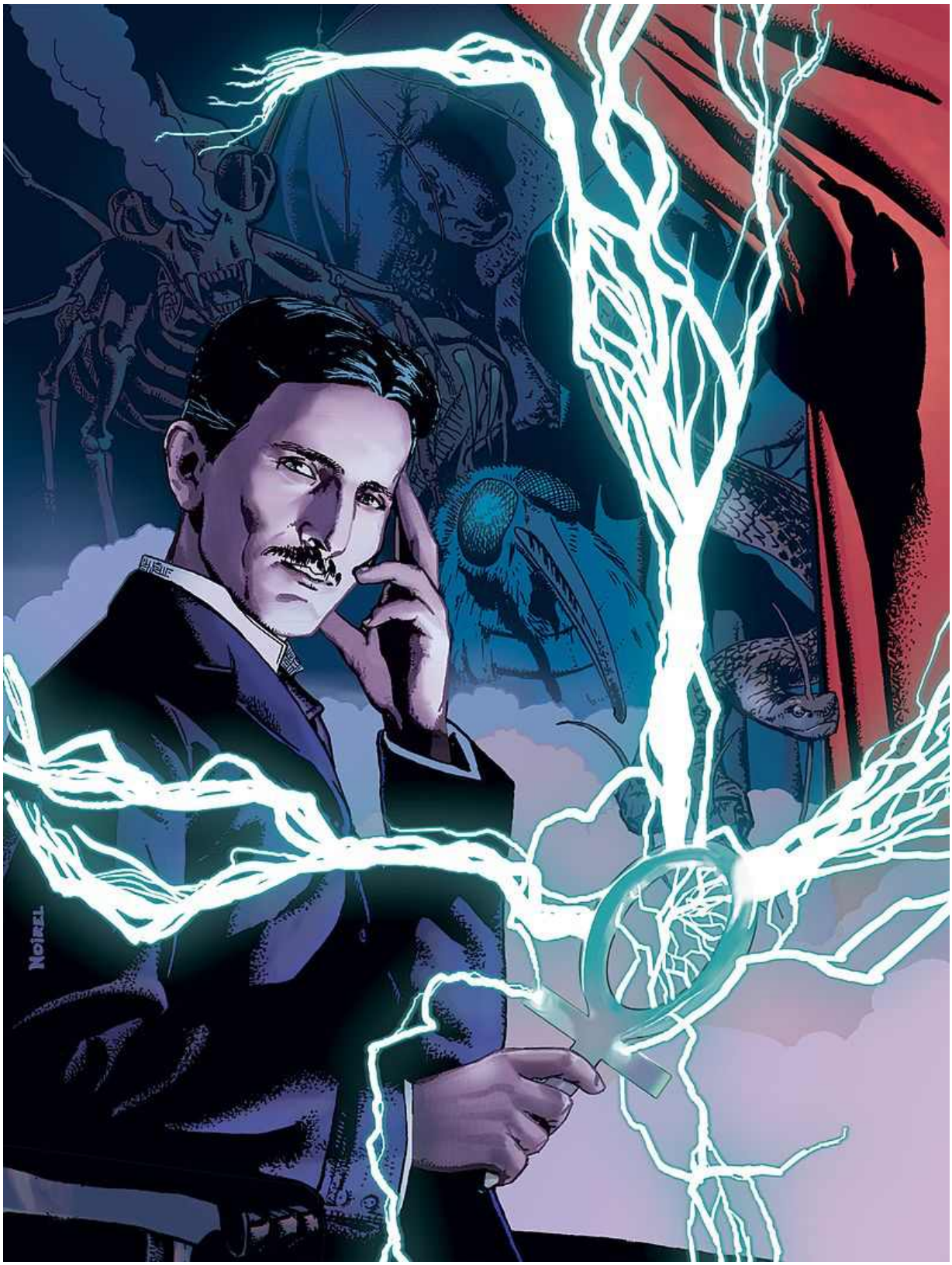
We started out on this journey examining the popular contention that, as the Ancient Egyptians were concerned, it was a hieroglyph that represented 'life'. As we have seen, this much is true but this narrow interpretation only reveals part of the story. In actuality, the Ankh is not so much representative

of ‘the process of life’ but is more indicative of the key which can serve to unlock the ‘mysteries of life’.

The energizing principle behind all life on this planet is referred to in a variety of ways by many esoteric philosophies. The Alchemists sought to identify it as the principle that confers eternal existence. Some traditions refer to it as Vril energy; others to Love, the Holy Spirit, the Tao, or Chi. However you term it, this energy can be modified using a variety of tools or operators.

Whichever way you choose to define this Universal Power is entirely of your choosing but, either way, it is a very real force.

Some may think this to be spiritual mumbo-jumbo but, in truth, Universal Power or Universal Energy is not just an ancient metaphysical concept. Modern science is starting to consider its existence with many now suggesting that the scientist Nikola Tesla came close to understanding how this energy can be utilized as a form of free-energy in domestic use.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Above: Nyarlathotep, An illustration by Julien Noirel as a promotional image for the graphic novel Nyarlathotep, adaptation by Rotomago and Julien Noirel, of the short story by H. P. Lovecraft.

Tesla died in 1943, and it is only now that his ground-breaking theories are becoming accepted along with other emerging scientific paradigms related to way the Universe is structured. Several strands of science are considering the probability that an invisible force permeates all matter. Many are having to accept the rather uncomfortable fact that metaphysicians of the ancient world not only knew about the existence of this Force but that they also understood how to manipulate it.

To my mind, these scientific and meta-scientific theories are potentially so significant that, over the following decades, they could totally revolutionize life on this planet.

Magick of the Ankh

Is it true that something so simple as the Ankh really has the ability to unlock something so scientifically complex?

Well, yes. It can and most certainly does. As we have seen, despite its apparent simplicity, the Ankh glyph clearly identifies and describes the metaphysical processes of life and physical manifestation. By representing the principles of creation, it must, by association, connect directly to those very same forces. In so doing, it offers anyone who uses an Ankh the ability to tap into these principles, harness their power and to direct, or focus, them into 3D physical reality.

The Ankh, in the hands of those who understand such matters, not only symbolizes life but also serves to resonate to it!

To make these concepts a little more clear, we must examine the principles that underpin Quantum Physics.

Quantum Physics has not only established the Unified Field Theory and the Universal Energy that holds it together; it has also determined how it is possible to modify atomic structure through the application of human consciousness upon it.

Experiments performed in a laboratory setting by Quantum physicists have shown that, time and again, the results of those experiments are inconsistent and seemingly change in accordance with the consciousness, mind-set, or expectations of the observer.

The inevitable conclusion is that by imposing the limitless influence of our minds upon the energy of life—that power that permeates all matter—we have the capability of changing physical reality. It is, therefore, entirely feasible, with a working knowledge of these principles, to magnetize toward us whatever we desire from life—to mold the astral matter that surrounds us into a shape and form commensurate to our strength of Will and depth of creative imagination.

Your Sacred Contract

Some readers may feel that I have made many exaggerated claims regarding the Ankh and what it can do. As someone who has worked with it over many years, I would dispute that assertion—although I will concede that the Ankh works more effectively for some people than for others.

Why is this? After-all, a magickal tool either works or it does not.

This is true. However, some people do have a stronger or more natural affinity toward the symbol than others. Let me explain why this is and why how it impacts upon its efficacy to transform your life.

Before we are born into this physical incarnation, each of us spends a little time deciding what we are going to do with ourselves in the lifetime to come. Along with our personal guides, and Higher Self/Soul, we prepare the conditions that best serve our future destiny.

Factors arranged for our Soul growth on the physical plane include such key elements as the characteristics of our parents; the prevailing cultural influences that will impact on our thinking; and the nature of the skills we will require when we arrive here. Once these elements have been established through group consensus, we formulate what is commonly known as a Sacred Contract.

Depending upon our karma, specific interests, natural skills, and level of spiritual awareness, each of us enters this life carrying this personalized plan; for our forth-coming time on Earth. This contract also includes commitments to the spiritual work we will be called upon to do, the specific people we will agree to meet and the general circumstances—both favorable and less so—that we will need to work with.

Sadly, from the very moment that we enter this world at birth, we forget the specific details of the plan we originally signed up for. Not knowing what we have previously agreed to do is not only frustrating but it also strips us of the ability to make conscious decisions in accordance with our highest aims—choices that might lead us to personal attainment and/or ones that might result in our greatest soul growth.

So, in most cases, details of our Sacred Contract continuously remain illusive to us. In fact, most people alive today do not even know that they even have a contract at all!

Sticking to the Plan

A great deal is spoken about whether, as human beings, we experience lives that have been pre-ordained or whether we pass through an incarnation exercising total freewill. For most of us, the truth lies somewhere between these two opposing philosophical poles.

Although we enter life somewhat free to do as we choose, every decision that we make has to be with recourse to the terms of our previously drawn-up contractual agreement; as well as to the karma that we bring over into any incarnation.

Sadly, we do not ever really fully understand what it is we are contractually obligated to do with our lives but our higher consciousness does. It works hard behind the scenes trying to help us fulfill the terms of the agreement we made in the pre-natal state.

Your Higher Self is able to steer and guide you in specific ways because it has a deep understanding of the long-term goals of your Soul. That's all well and good, but how do we know whether any decision we make is correct and by making it, if we are upholding the agreements we made in a pre-natal state?

In most cases, the short answer to this is we don't. However, on occasions, we can have a breakthrough—pivotal episodes when guidance appears. This can take the form of an insightful dream, inner voices heard whilst in deep meditation, flashes of inspiration, intuitive insights, synchronious events or flashes of creativity.

For the most part, our Higher Self leaves us alone to get on with things, acting in terms not dissimilar to the role of a line prompter in a theatrical production.

Imagine how much easier life would be if we were able to talk directly with our Higher Selves and to understand the specific circumstances that mold our life-destiny. It would be so useful to be able to contact that all-knowing aspect of ourselves for help and guidance; specifically during times of difficulty and challenge that often conspire to trip us up along the way.

Although your Higher Self is generally out-of-bounds, there are a few ways to approach the task of making contact with its wisdom—some of

which, it has to be said, are easier than others.

In this regard, I am reminded of the medieval manuscript called The Book of Abramelin. This book tells the story of an Egyptian mage called Abramelin who taught a system of magick to a German Jew called 'Abraham of Worms'. The text describes a complex magickal ritual that enables the practitioner to obtain 'knowledge and conversation' of their Guardian Angel; which is another way of describing the process of making contact with our Higher Self.

The actual method, as outlined by Abramelin, is complex, challenging and extensive—so much so that it takes 18 months to initiate that first all-important contact. During this time, the initiate must pray twice a day—once at sunrise and once at sunset—observe chastity, avoid alcohol and maintain the highest personal morals. Just the work involved in fulfilling exactly the right environment in which to carry out this ritual is enough to put most sane people off attempting it.

Keys to the Contract

Thankfully, there is a much easier technique that has remained secret for many years. Before I reveal what it is, let us return for a moment to that point at which we formulated our Sacred Contract.

This agreement mainly lists the obligations we are required to fulfill during an incarnation. In addition, hidden away in its small print as it were, it includes a quite specific spiritual code. This acts as a key; similar in function to that of a wax seal used to conceal the contents of old parchments from intrusion and prying eyes.

We bring this key over into our physical incarnation in the form of a symbol seeded deep within our unconscious mind. There it remains during our lifetime: dormant and waiting for that day when it is activated.

The function of this key is simple: it helps us to unlock and reveal the mysteries of our Sacred Contract in terms that we can understand at a conscious level.

The form this activation takes varies from one person to the next. In addition, there can be two or three different seals, each with a specific role in unlocking deeper levels of sacred teachings stored within our psyches.

Although our Sacred Contract is unique to each of us, it is not uncommon to find that friends and acquaintances carry similar Sacred Contract keys. When we meet soulmates, there is some degree of certainty that each party holds the same key and that it is operating to unlock the spiritual significance behind the relationship.

Of all the keys that are engineered into your DNA, there is one symbol in particular that your Higher Self can draw to your attention at important times in your life. This symbol may not be known to you but knowledge of it and its effect will be known to your Higher Self. It won't tell you everything about your past and present lives or reveal the karma you carry but you will be encouraged time and again to become more aware of your personal key.

You may remember way back in my introduction to this book, I mentioned how, during the hippy era, the Ankh called to me from the side of passing VW Camper Vans. I explained how I felt a deep resonance to the symbol at that time and how I sensed it was ‘calling out to me’. This is a

typical example of the sort of process of unfolding that encountering your own personal symbol can result in. For me, the response that I felt regarding the glyph was clearly due to the Ankh being my own personal key, unlocking a doorway into my inner spiritual world.

Many who are drawn to the Ankh and intuitively sense its inherent power and wisdom will understand this process of cellular unfoldment—that moment of deep realization when you simply know that you have experienced something of great personal significance—a point when the codes stored within your so-called 'junk' DNA align, much like the planets in the heavens.

If the Ankh happens to be your own personal symbol; which I am pretty sure to be the case or you would not have been drawn to reading this book, then you are well on the road toward unveiling the mysteries concealed behind your current incarnation and toward understanding the terms contained within your Sacred Contract.

The more you unexpectedly encounter the Ankh in your daily life or in your dreams, the more likely it is that your Higher Self is trying to connect to you and is attempting to draw your attention to the terms of your Sacred Contract, or the nature of your Soul Destiny; a destiny which undoubtedly includes the opportunity to understand how the Laws of manifestation operate and can be used to the benefit of yourself and mankind as a whole.

A Tool for Change

And finally, in bringing this book to a close, I should like to place the importance of the Ankh into a grander context. Here, it is worth reminding ourselves that from a spiritual perspective, these are both challenging and exciting times to be living through. As traditional support structures collapse and crumble, we are constantly being reminded of the need to create a personal life that supports us at every level, complies with the terms of our Sacred Contract, and unifies with the overall destiny of our planet.

Trying to get this right is a challenge so it is imperative that we waste not a single moment of our time engaged in unnecessary activities. We have to avoid anything that might cloud our vision of what we want or need to achieve in this lifetime. We have to develop focus and commit to the process of personal transformation but we cannot do this alone—we need the necessary tools to achieve this. Fortunately, in the Ankh we have a true accomplice in the role we must play.

Should we so choose to listen to it, this symbol—whether as a hieroglyph, a physical 3D representation or as an astral counterpart—can help us make better use of our time here on planet Earth.

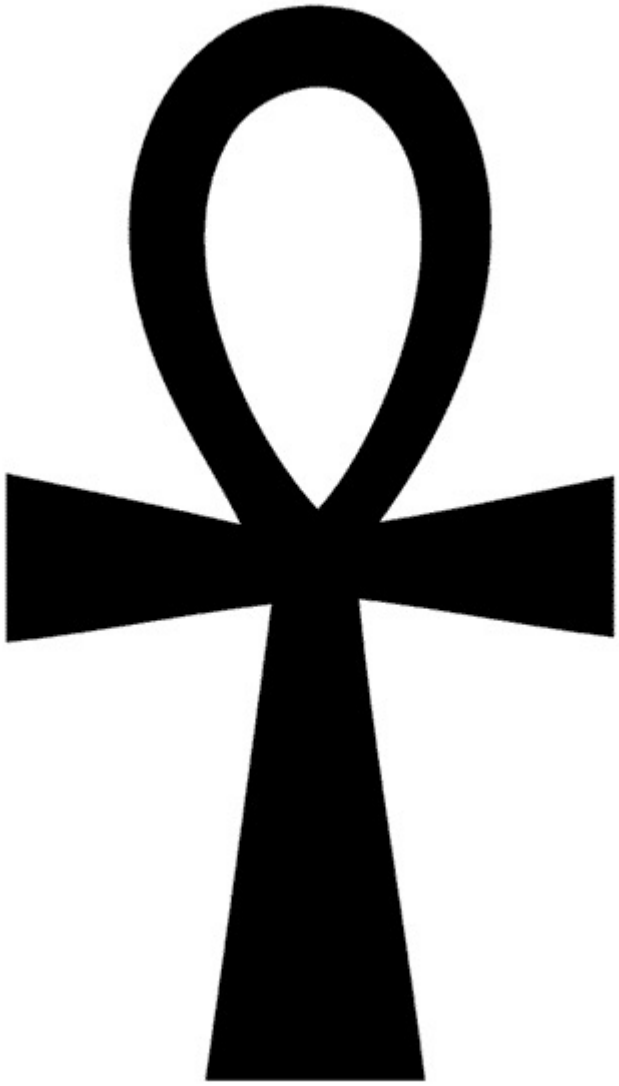
By working in alignment with its teachings, it will reveal its secret mysteries and sacred wisdom. By following the guidance of the Ankh, we can better understand our current destiny and by embracing it as a tool for transformation, we can shift our reality into a state that better serves us and our loved ones.

Those who sense they are being pulled under the spell of the Ankh and who feel keen on deciphering its inherent wisdom are being offered the opportunity not only to make a quantum leap in their own spiritual evolution, but also to become closely involved in the anchoring of higher energy fields into this planet. In so doing, each of us can contribute to the solidification of a cosmic blueprint—one that is ready to become manifest—by helping to formulate a forth-coming Golden Age of spiritual enlightenment.

May I wish you every success and joy in discovering your own path of evolution and pray that the Ankh follows you every step of the way!

APPENDIX ONE

Sample Ankh



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Peter J Morris is a writer and researcher who has been active in many areas of contemporary spirituality for over four decades.

He has written articles on the occult and paranormal for *Gloucestershire Earth Mysteries*, *3rd Stone* and *Un-X Magazine*.

Peter has also lectured throughout the UK on such subjects as dreamwork, Kabbalah, earth mysteries, esoteric astrology and UFOs. He has been interviewed on local radio about his researches into crop circles and his work as an esoteric counsellor.

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